NARCOTICS ANONYMOUS CHRONOLOGY

VOLUME ONE

1892 – 1976

2ND EDITION

OCTOBER 2013

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In the spring of 2011, the authors completed a paper, "Narcotics Anonymous: Its History and Culture." The paper was posted at multiple recovery-focused websites (www.williamwhitepapers.com; www.facesandvoicesofrecovery.org, and http://narchive.magshare.net/) and published in abridged form in a special April 2011 edition of *Counselor*—a trade journal for addiction professionals. The need to synthesize a large body of collected research into this short paper meant that many events we had discovered related to the story of NA could not be included. In hopes of contributing to future research on NA by the NA fellowship and by academic scholars, we decided to publish a multi-volume chronology of NA that could aid such research. The present first volume outlines critical events within NA as well as contextual events that influenced the birth and evolution of NA between the years 1892 and 1976. Work is currently underway on Volume II.

Since the first publication of this chronology in September 2011, many additional pieces of historical information have been discovered and added to this 2nd edition. Accompanying this edition of the chronology is a separate list of the 110 new citations and the location where they have been added. Please email cbudnick@hpowc.org for a copy of it.

Anonymity: In respect for the Traditions of AA and NA, the names of key figures in this history are listed by their first names and last initials. Full names are used, when citing published documents. This most frequently occurs with groups that did not incorporate the 12-Traditions into their practices.

We have chosen to use some photographs of deceased NA members where we have received permission from their families. Our intent is to convey that this is a history of real people whose lives exerted an enormous impact on the worldwide history of addiction recovery.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

A copy of the volumes of this chronology with full names has been provided to Narcotics Anonymous World Services, Inc. to support future research on the history of the NA fellowship.

Reference Citations: Citation of sources for information in the chronology can be found in the endnotes. Many of the documents used in the creation of this chronology have been posted at http://narchive.magshare.net/ and copies have been provided to the Archives of NA World Services, Inc. Other source documents would need to be obtained by contacting the Archives of Alcoholics Anonymous, Narcotics Anonymous, The Salvation Army or the Illinois Addiction Studies Archives.

Organization: This annotated history is organized chronologically and thematically. It may be read in full, in sequence or particular years may be searched by clicking on the following links.

- **1892 – 1935**
- **1940 – 1949**
- **1950**
- **1951**
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- **Appendix One**
- **Appendix Two**

Particular events within this story that constitute important sub-stories in this larger history can be reviewed by scanning the color coding in the left column. The color scheme represents the following topical categories.

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Request for Feedback and Missing Events: We would be delighted to receive feedback from readers on any perceived errors of fact or omissions with citations of source material. Feedback can be sent to the attention of Chris Budnick at cbudnick@hpowc.org.

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Future Research: We hope that this chronology will inspire and aid others to discover more information regarding some key individuals, events and efforts. Included here are some of the things that the authors hope we will learn more about in the future:

- More information about when and how the 13-steps came to be part of early New York NA
- The newsletter *Speaks Out* and publication *Welcome to NA* published by the group at the Louisiana State Penitentiary
- Further details of the lives of historically significant figures in the emergence of 12-step recovery for addicts: Betty T. (Habit Forming Drugs Group), Lynn A. (Montreal NA), people associated with the beginnings of NA in 1953 (Frank and Doris C., Paul R., Gilda K., Steve R., Joanne P., Ellen P., Bud P., Gil V., Manuel C., Eddie C., Pat H., Scott K., John B., Charlie D., Frank Ca., and Frank M.), people associated with NA in the early 1960's (Sylvia W. and Penny K.)

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1892 – 1935

DATE	EVENT
January 10, 1892	Houston P. S. is born in Jonesville, Lee County, Virginia.[1] 
April 5, 1911	Jimmy K. is born to James and Lizzie K. in Paisley, Scotland[2]
July 15, 1907	Daniel C. is born to Peter and Elsie C. in Puerto Rico.[3]
May 30, 1914	Rae L. is born[4]
August 8, 1923	Jimmy K. arrives in U.S. from Scotland with his mother, aunt and four younger siblings[5]
January 19, 1929	U.S. Congress in 1929 authorized the U.S. Public Health Service to establish two narcotic farms "for the confinement and treatment of persons addicted to the use of habit-forming narcotic drugs" (Public Law 70-672)[6]
1935	Danny C. is among first patients admitted to the newly opened (May 28, 1935) U.S. Public Health Service Hospital for addicts in Lexington, KY[7] 

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DATE	EVENT
1944	**The following is an excerpt from a lecture Bill W. gave at the Yale Summer School of Alcohol Studies in 1944:** "One day our central office in New York received a little letter, and it came from a narcotic addict who aw just leaving the Government hospital down in Lexington. Speaking of intolerance, it is a strange fact that we alcoholics are very, very intolerant of people who take 'dope,' and it is just as strange that they are very intolerant of us. I remember meeting one, one day, in the corridor of a hospital. I thought he was an alcoholic, so I stopped the man and asked for a match. He drew himself up with great hauteur and said, 'Get away from me, you damned alcoholic.' At any rate, here was a letter from a narcotic addict who explained that once upon a time he had been an alcoholic, but for 12 years he had been a drug addict. He had got hold of the book *Alcoholics Anonymous* and thought the spirit of that book had got hold of him, and he wanted to go back on his own little southern town, which was Shelby, North Carolina, and start an A.A. group. We were very skeptical of the offer. The very idea of a narcotic addict starting an A.A. group, even if he had once been an alcoholic! And here he was going to try to start it in a little southern town in the midst of all this local pride and gossip. We began to get letters from him and apparently he was doing all right. He was a medical doctor, by the way, and he told us modestly, as time went on, about getting a small crowd of alcoholics together and having his trials and tribulations. Mind you, we had never seen him all this time; he had just been writing. He said that his practice had come back somewhat. And so 3 years passed. We had a little pin on a map showing that there was an Alcoholics Anonymous group at Shelby, North Carolina. It happened that I was taking a trip south to visit one of our southern groups. By this time the movement had grown and I had gotten to be a kind of big shot, so I thought, and I wondered 'Should I stop off at Shelby? You know, after all, that's kind of a small group.' It is a great thing that I did stop off at Shelby, as you will soon see. Down the station platform came a man, followed by two others. The two in the back of him were alcoholics, all right, but one looked a little bit different. I was as he drew near, that his lips were badly mangled, and I realized that this was the drug addict, Dr. M. In the agony of his hang-overs he had chewed his lips to pieces. Yes, it was our man, and he proved to be a wonderful person. He was really modest, and that is something you seldom see in an ex-alcoholic. He introduced me to the others, and we got into his car and went over to the town of Shelby. I soon found myself sitting at a table in one of those delightful southern ancestral homes. Here was the man's mother – and his wife. They had been married about 2 years and there was a new baby. The practice had begun to come back. Still, there as very little shop talk at that meal; and

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1944	there is no such thing as an A.A. meal without shop talk. I said, 'Indeed, this fellow is a very modest man, I never saw an alcoholic like him.' He spoke very little of his accomplishments for the group. And then came the meeting that night. Here, next to the barber shop in the hotel, on the most prominent corner of Shelby, was the A.A. meeting room, with 'A.A.' looming big over the door. I thought, 'Well, this chap must be some persuader.' I went inside, and there were 40 alcoholics and their wives and friends. We had our meeting. I talked too much as I always do, and the meeting was over. I began to reflect that thi was the largest Alcoholics Anonymous group in all America in proportion to the size of the town. What a wonderful accomplishment! The next morning, my telephone rang in the hotel. A man was downstairs and he said, 'I'd like to come up. There are some things you ought to know about Dr. M. who got the A.A. group together in this town.' Up came this individual, and said, 'You know, I, too, was once an alcoholic but for 22 years I've been on dope. I used to meet our friend Dr. M. over in Lexington, and when he got out of there and came back here, I heard he'd beaten the dope game. So when I left, I started for Shelby, but on my way I got back on morphine again. He took me into his home and took me off it. Yes, I used to be a respectable citizen of this state, I helped organize a lot of banks here, but I've heard from my family only second-hand for many years. It's my guess you don't know what this southern pride is, and you haven't any idea what this man faced when he came back to this little town to face the music. People wouldn't speak to him for months. They'd say, 'Why, this fellow, the son of our leading doctor, studies medicine, comes back, and he's a drunk, and after a while, he's on the dope.' The townspeople wouldn't have much to do with him when he first came, and I'm ashamed to say that the local drunks wouldn't either, because they said, 'We ain't going to be sobered up by a dope addict.' But you see, Dr. M. himself had once been an alcoholic, so that he could get that indispensable bond of identification across. Little by little, alcoholics began to rally around him.' My visitor continued, 'Well, that was the beginning. Intolerance, misunderstanding, gossip, scandal, failure, defeat, all those things faced our friend when he came into this town. And that was 3 years ago. Well, Bill, you've seen his mother, you've seen his wife, you've seen his baby, you've seen the group. But he hasn't told you that he now has the largest medical practice in this whole town, if not in the county. And he hasn't told you that he has been made head of our local hospital. And I know you don't know this – every year in this town the citizens have a great meeting at which they cast a

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1944	ballot, and last spring, at the annual casting of the ballot, the people of this town almost unanimously declared by their ballot that Dr. M. had been the town's most useful citizen during the 12 months gone by.' So I thought to myself, 'So you were the big shot who planned to go straight past Shelby.' I looked at my visitor and said, 'Indeed, What hath God wrought!' Later in the lecture, during the discussion period, someone asked the following: **Question:** How many drug addicts are there in the A.A. and in the organization similar to A.A. which operates among drugs addicts? **Lecturer (Bill W.):** We have quite a number of drug addicts who were once alcoholics. So far, I don't know of any case of pure drug addiction that we have been able to approach. In other words, we can no more approach a simon-pure addict than the outsider can usually approach us. We are in exactly the same position with them that the doctor and the clergyman have been in in respect to the alcoholic. We just don't talk that fellow's language. He always looks at us and says, 'Well, these alcoholics are the scum of the earth and besides, what do they know about addiction?' Now, however, since we have a good number of addicts who were once alcoholics, those addicts in their turn are making the effort, here and there, to transfer the thing over to the straight addict. In that way we hope the bridge is going to be crossed. There may be a case here and there that has been helped. But in all, I suppose, there may be around 50 cases of real morphine addiction in former alcoholics who have been helped by A.A. Of course we have a great many barbital users, but we don't consider those people particularly difficult if they really want to do something about it; and particularly if it's associated with liquor. They seem to get out of it after a while. But where you have morphine, or some of those derivatives, then it gets very tough. Then you have to have a 'dope' to talk to a 'dope,' and I hope that we can find, some day, a bridge to the addict."[8]
June 1944	Houston S. joins Alcoholics Anonymous in Montgomery, AL[9]
August 1944	**The following appears in the Points of View section of just the third issue of the *A.A. Grapevine*:** "Dear Grapevine: Your second issue at hand inspires me to an idea. I'm sure there are other A.A.s who, like myself, are finding in A.A. the highway to freedom from narcotics. Why not give us a 'hophead's corner' in The Grapevine? After all, we do have a particular problem. Even if mine is essentially the same problem of all alcoholics, I occasionally could wish

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August 1944	that there were just one other narcotic victim in my A.A. group with whom I might share experiences. And though through the help of the Higher Power and my A.A. friends I no longer take morphine, I realize I fear it in a way I've ceased fearing alcohol. If I could just share experiences with some other 'hophead' I know it would be a big help, and among A.A.′s thousands I'm sure I'll find my fellows. Doc N."[10]
September 1944	**This response to Doc N.'s Grapevine submission appears in the very next issue of the *A.A. Grapevine* in the Points of View section:** "Dear Grapevine: I noticed recently in an issue of The Grapevine a letter from Doc N, who had found release from narcotic addiction through A.A. This letter I was most glad to see, and hasten to assure him and others that his experience is one that is beginning to be shared by quite a few. We have in our club five men who have had many years of drug addiction but who are finding complete freedom from drugs and are well on the highway to successful and happy living. Their period of freedom varies from 5 months to 6 years and they all attribute this to the help of a Higher Power that has come to them through A.A. These men, with one exception, were all primary alcoholics, and I believe this is largely true of all ″hopheads.″ I think all drug addicts will have less difficulty in accepting Step No. 1 than the ordinary alcoholic: that their lives have become unmanageable, and that they are powerless over narcotics. I think we feel the need of even greater help than does the usual alcoholic. Our spiritual lines of communication must be kept clearer and there is need for greater voltage from the spiritual dynamo. The Higher Power is able unto the uttermost to supply this; and many others should find the answer in A.A. I′m sure that other A.A. groups have men who are finding the new life of freedom and I earnestly wish that we may get into communication with each other; and I suggest the possibility, some time, of interesting the U. S. Public Health Service in the establishment of an A.A. group in the United States Public Health Service Hospital, which is in Lexington, Kentucky. Doc M. Shelby, North Carolina"[11]

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August 1945	The media-sparked explosive growth of Alcoholics Anonymous in the early 1940's resulted in a stream of correspondence with A.A. Headquarters from groups seeking advice related to group practices and problems. Earl T. of Chicago first suggested to Bill the need to codify the A.A. experience (Earl T.'s story "He Sold Himself Short" appears in the 2nd, 3rd and 4th editions of the *Big Book*). This set in motion a series of *A.A. Grapevine* articles through which the 12 Traditions were developed, articulated, shaped and shared with the fellowship.[12] "Modesty One Plank for Good Public Relations," appears in the August 1945 issue of the *A.A. Grapevine*. This is the first article written by Bill W. that began to shape what became the 12 Traditions. 1. August 1945 – "Modesty One Plank for Good Public Relations"[13] 2. September 1945 – "'Rules' Dangerous but Unity Vital"[14] 3. October 1945 – "The Book Is Born"[15] 4. January 1946 – "A Tradition Born of Our Anonymity"[16] 5. March 1946 – "Our Anonymity Is Both Inspiration and Safety"[17] 6. April 1946 – "Twelve Suggested Points for AA Tradition"[18] 7. May 1946 – "Safe Use of Money"[19] 8. June 1946 – "Policy on Gift Funds"[20] 9. July 1946 – "The Individual in Relation to AA as a Group"[21] 10. August 1946 – "Who Is A Member of Alcoholics Anonymous?"[22] 11. January 1947 – "Will AA Ever Have a Personal Government?"[23] 12. March 1947 – "Dangers in Linking AA to Other Projects"[24] 13. April 1947 – "Clubs in AA"[25] 14. May 1947 – "Adequate Hospitalization: One Great Need"[26] 15. June 1947 – "Lack of Money Proved AA Boon"[27] 16. August 1947 – "Last Seven Years Have Made AA Self-Supporting"[28] 17. October 1947 – "Traditions Stressed in Memphis Talk"[29] 18. November 1947 – "Incorporations: Their Use and Misuse"[30] 19. December 1947 – "Tradition One"[31]

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August 1945	20. January 1948 – "Tradition Two"[32] 21. February 1948 – "Tradition Three"[33] 22. March 1948 – "Tradition Four"[34] 23. April 1948 – "Tradition Five"[35] 24. May 1948 – "Tradition Six"[36] 25. June 1948 – "Tradition Seven"[37] 26. July 1948 – "Tradition Eight"[38] 27. August 1948 – "Tradition Nine"[39] 28. September 1948 – "Tradition Ten"[40] 29. October 1948 – "Tradition Eleven"[41] 30. November 1948 – "Tradition Twelve"[42] 31. December 1948 – "A Request and an Apology"[43] 32. November 1949 – "A Suggestion for Thanksgiving"[44]
September 1945	Major Dorothy "Dolly" Berry placed in charge of Correctional Services for Women in the Salvation Army's Eastern Territory.[45]
October 1945	**The following articles appear in the October issue of the *A.A. Grapevine*: "Pills and 12th Step work" and "Evidence of Sleeping Pill Menace."** From the article "Pills and 12th Step Work" appears the following quote: "The problems of the pill taker are the same as those of the alcoholic and the pill-taking alcoholic is just as incapable of safety using pills as he is of drinking—he simply doubles his risk"[46] In "Evidence of Sleeping Pill Menace" Bill W. warns AA membership about dangers of "goofballs" "I once nearly killed myself with chloral hydrate" "...the alcoholic is not likely to control self-administered sedatives any better than he controls alcohol"[47]
1946 (Late 1940's)	Salvation Army Brigadier Dorothy Berry begins work with addicts in NY City[48]

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1940 – 1949

DATE	EVENT
September 5, 1946	Houston S. receives job transfer to Frankfort, KY just outside Lexington.[49]  Houston S.
1947	Houston S. suggests to Dr. Victor Vogel, Medical Director of federal Narcotics Farm in Lexington, KY, that an AA-type group be started for addicts[50]  Dr. Victor Vogel
February 1947	The following article appears in the *A.A. Grapevine*: "Who Uses All Those Sleeping Tablets?"[51]

1940 – 1949

DATE	EVENT
February 16, 1947	First Addicts Anonymous group meeting (also called "Narco Group") is held at Lexington on February 16, 1947[5253] The group meets continuously until 1966 when Lexington changed from treatment to research facility.[54] Houston S. remains actively involved in Addicts Anonymous meetings until 1963.[55] The group establishes the newsletter "The Key" for its members. The picture is from the April 27, 1950 article "Addiction is Recognized as Illness By AA Group Founded to Fight It," in *The Lexington Herald*.[56] **(Authors' note: We estimate that The Key started in latter 1948 based upon volume and issue numbers)** 
March 1947	Mary M. reports the following in the March *A.A. Grapevine* article "A.A. Not a Drug Cure" • estimates 1/3 of AA members have had past experience with barbiturates or narcotics • "the alcoholic is the potential sedative or drug addict" • "A.A. is not the specific for a primary drug addict…" • "We all feel the fellowship that comes from mutual understanding of a mutual problem, and I think that common bond would be lacking between the primary alcoholic and the primary addict."[57]

DATE	EVENT
June 1947	The article "Other Reactions," that appears in the June issue of the *A.A. Grapevine* article, warns AA members about giving barbiturates during 12th step work[58]
September20, 1947	**Bill W. gives a talk in Memphis, TN where he discusses meeting Dr. Tom M. in Shelby, NC around 1942:**  Dr. Tom M. circa 1941/1942 It was some six years ago. AA had made a good start. We were getting on firmer ground here and there, but nothing was too certain. One day our central office in New York (which is merely a service center where we receive inquiries and one thing and another) — one day that office received a letter from a man who was an inmate of the Lexington place for drug addicts. This man told us in the letter how he had been a physician, had got onto alcohol, and then onto morphine, and that while there in the asylum someone had written him about AA. He said he had been reading this AA book of ours [Alcoholics Anonymous, the AA Big Book], which is our book of experience. "Of course, I used to be an alcoholic," he wrote, "but now I'm an addict of some twelve years standing, and you know how hopeless that is. But I do see hope for me in this philosophy of yours, and when I get out of here I'm certainly going to try it." Subsequently our office struck up a correspondence with him as he'd returned home to that little southern hamlet. He told us in his quiet way of the various difficulties he had getting settled again, but never in any complaining sense. The girls in our office would write him occasional letters of encouragement, and little by little he began to describe the formation of an AA group in Shelby. (By the way, this was one of the earliest groups we formed through the mail, without any direct contact.) Well, it was a great thrill to all of us in the office.

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September20, 1947	Meanwhile, the southern centers had started — Atlanta, Richmond, Jacksonville. In larger places the groups had become larger, and with that a demand had arisen that I get down among the southerners and pay my respects and see if I couldn't peddle a little of the older AA experience down there. You see, AA began to look like a success at that time, and as everyone knows, success is a heady wine. I'm afraid that I was a little bit on the "big shot" side, and I spent some little time debating with the folks in the office whether I would stop off at Shelby. I mean, you know, that chap there was a nice chap, and he had done a nice job, but I should get where I could get to a lot of people. After some debating with myself and others, I finally, grudgingly, conceded that I would stop off there at Shelby. Well, when I got off the train at King's Mountain, North Carolina, I saw three men approaching me from down the platform a ways. Two of them I spotted as "souses" right off the bat, you couldn't mistake it — they were sober, you understand, but we drunks know our own quite well. The third one, well I wondered who and what he was. As he drew near I saw some lines in his face that I didn't quite place, and as he drew nearer I saw his lips were marked in a strange way. I learned later that in the agony of his dope hangovers he had chewed them, leaving scars. He turned out to be the delightful soft-spoken man we call Dr. Tom. Well, we got in the car and drove from King's Mountain over to Shelby. We were set down at the door of a beautiful, typically southern ancestral home. We went inside, and there I first met Tom's mother, and then his young wife and their new baby. And I could feel the warmth and love and happiness through the atmosphere of that home. The meal came and went — and from an AA point of view, it was a most unusual meal. I found that Tom was rather reluctant to talk about what he had done in Shelby, so there wasn't much AA "shop talk" at the table, practically unheard-of elsewhere, and I wondered myself if dope had a humbling effect — if so, I think that some of us alcoholics should have taken more of it. At any rate, presently meeting time came, and we got down there, and the meeting place was right under the hotel — right next to the barbershop — very public. And I said to myself, "Well, now, for a small town that's really going some!" And,

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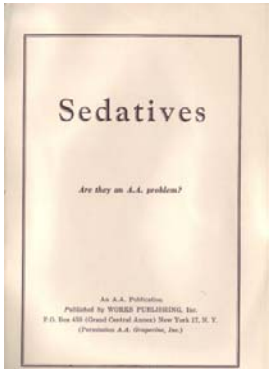
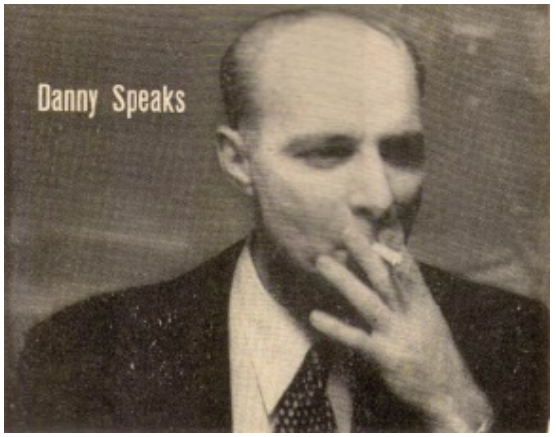
DATE	EVENT
September20, 1947	yes, even over the door, here were two letters — "AA." And I got in there and here was the usual jolly crowd, and then the meeting started. Well now, up in New York — incidentally, I'm not from New York, so I can say what I am going to say with impunity; I'm a Vermonter and therefore one of the damnedest of all Yankees — our group there is very cosmopolitan. We have vast numbers of what you might call "stumble-bums," and we have a great many sophisticates and very wise people there, or at least we used to until AA tamed them down. In those days we used to rather have to pussy-foot in New York on the subject of God, lest we scare away some of the intellectuals, so when I got to Shelby and there was a great, long invocation, and a choir girl got up and sang a hymn — well, it was reminiscent of my youth in Vermont, but I said to myself, "Well now, the New Yorkers wouldn't call this AA." Well, then they called upon me to talk, and I talked too long — by the way; shut me off anytime you get tired tonight — I have that habit, and then I believe there was another long prayer and the meeting was over. And I began to notice with amazement that there were an awful lot of AAs there. I mean, twenty, thirty of them in this small place, and they told me there was an equal number out in the defense industry nearby. I was wonderfully and favorably stirred by the whole thing, but the crux of my story turns around what happened the following morning. I was to leave on an early train, and somebody called up from the lobby and said, "Do you mind, Bill — I'd like to drop up and tell you a few things about Dr. Tom." And a man came up, and after he re-introduced himself. I remembered him from the meeting the night before. He said, "I've got some things you should know. Speaking of myself, I used to be a banker. I once organized a whole string of banks in these southern states. I was on the high road to success. But I was cut down by alcohol, and then I was cut down by morphine. I was in the asylum in Lexington with Dr. Tom once. He knew my story and knew that I couldn't stay

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DATE	EVENT
September20, 1947	clean. He asked me to come here for a visit, and I ended up staying here to work with him. I have been sober and clean now my-self a year, and he about three." And he said, "You know, I'm very gladly working as a janitor at the Masonic Temple, just so I can have time to work with my friend Dr. Tom. But enough of me — let me tell you about Dr. Tom. "Do you realize that when that man came back here to this little town — can you possibly comprehend what the stigma was upon him? The stigma of both alcohol and morphine was on him. He had dishonored his profession of medicine, and disgraced his highly placed family in this community. People were so scandalized that they hardly spoke to him on the street." And he said, "I'm sorry to say that even the drunks of Shelby were snobbish, saying that they were going to be sobered up by no damned drug addict. "Well, little by little he began to work, and little by little he began to succeed, and the group grew. "Well, now," said this man, "you've been at Tom's home — you have seen that happy mother of his, you've seen the new wife, and you've seen the new baby, but you still don't know the whole story. "Tom now has been made the head of our local hospital. He probably has the largest medical practice in this county today. All this was accomplished in just three years, from a start way behind the line. We have a yearly custom in this town in which all the citizens take a vote on which one of them has been the most useful individual to the community in the year past. Last spring Dr. Tom was unanimously nominated as the most useful citizen of the town of Shelby." When he had finished his recital, I said to myself, "So you were the man, Bill Wilson, who was too important to go to Shelby." Indeed, what hath God wrought?[59]
December 1947	*A.A. Grapevine* issue contains an article titled "Beware That Overdose" that offers a humorous warning about benzedrine.[60]

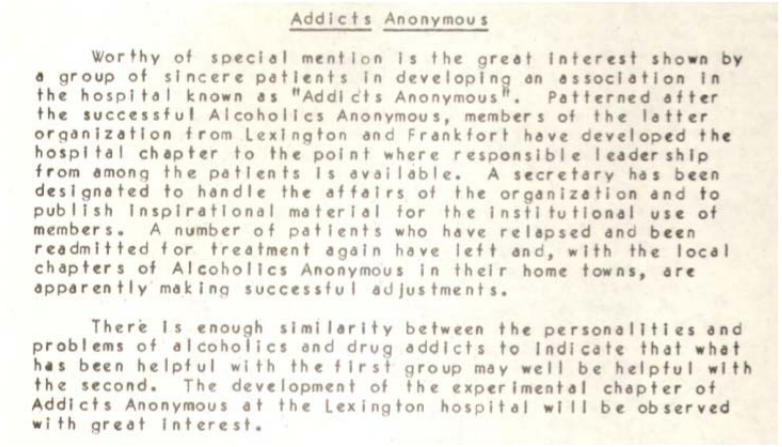
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1940 – 1949

DATE	EVENT
1948	**Alcoholics Anonymous publishes *Sedatives: Are they an A.A. Problem?*** This publication is comprised of five articles that appeared in the *A.A. Grapevine*.[61] 1. Evidence on the Sleeping Pill Menace (October 1945) 2. Pills and 12th Step Work (October 1945) 3. Those "Goof Balls" (November 1945) 4. Sedatives Easy, and Deadly, Too (June 1947) 5. Does a Pill Jag Count As A Slip? (February 1948) 
1948	Danny C. returns for his 7th admission at the Narcotic Farm and begins attending Addicts Anonymous meetings.[62] 
1948	Danny C. is readmitted to Lexington for last (8th) time[63]

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1940 – 1949

DATE	EVENT
1948	**Dr. Victor Vogel writes article in Federal Probation called *Treatment of the Narcotic Addict by the U.S. Public Health Service.***  Addicts Anonymous Worthy of special mention is the great interest shown by a group of sincere patients in developing an association in the hospital known as "Addicts Anonymous". Patterned after the successful Alcoholics Anonymous, members of the latter organization from Lexington and Frankfort have developed the hospital chapter to the point where responsible leadership from among the patients is available. A secretary has been designated to handle the affairs of the organization and to publish inspirational material for the institutional use of members. A number of patients who have relapsed and been readmitted for treatment again have left and, with the local chapters of Alcoholics Anonymous in their home towns, are apparently making successful adjustments. There is enough similarity between the personalities and problems of alcoholics and drug addicts to indicate that what has been helpful with the first group may well be helpful with the second. The development of the experimental chapter of Addicts Anonymous at the Lexington hospital will be observed with great interest. "Addicts Anonymous – Worthy of special mention is the great interest shown by a group of sincere patients in developing an association in the hospital known as "Addicts Anonymous". Patterned after the successful Alcoholics Anonymous, members of the latter organization from Lexington and Frankfort have developed the hospital chapter to the point where responsible leadership from among the patients is available. A secretary has been designated to handle the affairs of the organization and to publish inspirational material for the institutional use of members. A number of patients who have relapsed and been readmitted for treatment again have left and, with the local chapters of Alcoholics Anonymous in their home towns, are apparently making successful adjustments. There is enough similarity between the personalities and problems of alcoholics and addicts to indicate that what has been helpful with the first group may well be helpful with the second. The development of the experimental chapter of Addicts Anonymous at the Lexington hospital will be observed with great interest."[64]
February 1948	February *A.A. Grapevine* contains article "Does a Pill Jag Count as a Slip?" References some AA members "carry a supply of pills with them on 12th Step calls." The article concludes "An A.A. member who gets goofed up on pills has slipped."[65]

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DATE	EVENT
February 1948	**The article "Addicts Anonymous Ends First Year" appears in the February issue of the *A.A. Grapevine*.**  The GRAPEVINE Calls For Restatement of A A. Purposes TODAY'S THOUGHT "A year ago, several members of the Alcoholics Anonymous Group in this vicinity approached the Medical Officer in Charge of the United States Public Health Service Hospital here in Lexington, Ky., for the purpose of introducing an A.A. group into this institution. It was out of this beginning that the charter group of 'Addicts Anonymous' was formed. The success of our organization is measured only by the success of its members in abstaining from the use of drugs, even though they may be in an environment where they are readily obtainable. The underlying purpose of Addicts Anonymous is outlined in our preamble: 'Our precepts are patterned after those of Alcoholics Anonymous to which all credit is hereby given and all precedence is acknowledged. We claim no originality but since we believe that the causes of addiction and alcoholism are basically the same, we wish to apply to our lives the truths which have benefited so many otherwise helpless alcoholics. We believe that by so doing, we may regain and maintain our health and sanity.' Those interested in obtaining more information may contact us at the address below, and every confidence will be given inquiries, unless otherwise stated. Secretary, Addicts Anonymous Lexington, Kentucky"[66]
March 1948	"Nobody is hopeless" an article in the *A.A. Grapevine*, describes a rescue of a drug addict by an AA member.[67]
June 1948	June 1948 *A.A. Grapevine* "Mail Call for A.A.s at Home and Abroad" includes letter from Hugh in Toronto who was free from both alcohol and drug addiction through A.A. Invites others addicted to drugs to write him.[68]

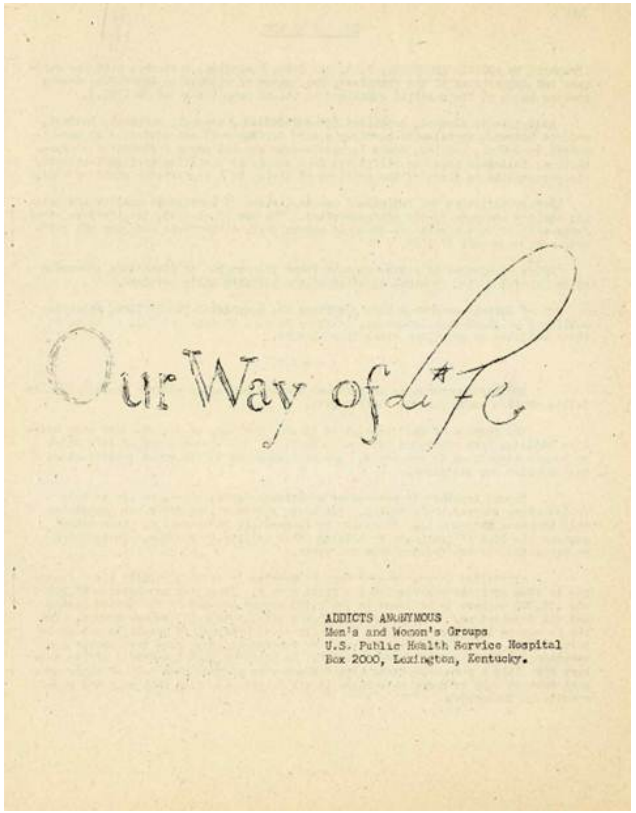
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1940 – 1949

DATE	EVENT
January 1949	The Cleveland Harbor Light – a 10-bed program for Skid Row alcoholics operated by the Salvation Army opens in Cleveland, OH. NA meetings will later be held at The Harbor Light Center.[69]
March 1949	**"Only More So" appears in the March issue of the *A.A. Grapevine*.** This is another letter from Hugh in Toronto writing to "fellow-junkers and alcoholics." He talks about his own experience as an "A-1 addict" who encountered "stand-offishness" from other AA members upon his release from the hospital. He concludes with two final thoughts, one for the AA member and the other for the addict. To the A.A. Member – "Welcome a junker to your group. Treat him the same as you would and alky…" To the addict – "Don't be filled with egotism because you've won a magnificent battle…work the A.A. Program. It will work *for you just the same as it works for the alcoholic*."[70]
April 1949	April, Danny C. returns to NYC from his 8th and final stay in Lexington[71]
April 2, 1949	Bill W. letter of encouragement to Addicts Anonymous on April 2nd that is addressed "Dear Fellow Sufferers." Bill writes that the underlying causes of alcoholism and addiction are "quite identical" but that "alcoholics and addicts are mutually exclusive and snobbish." Bill speculates that the solution will come from the addict who was once an alcoholic who can "act as a bridge" that will result in forming groups and literature specifically for addicts.[72]
April 14, 1949	Letter to V.W. T. of the AA GSH from Clarance B.— notes that Houston S. "founding pappy" of Addicts Anonymous has been ill and unable to attend meetings for some time.[73]
April 20, 1949	Letter to Clarance B. B. from V.W. T. of the AA GSH expressing willingness of the *Grapevine* to include a paragraph on Addicts Anonymous in a future issue. *The Grapevine* also requests information about the proper procedure for directing people to your group, as they receive many inquiries.[74]

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DATE	EVENT
April 25, 1949 **Our Way of Life**	Letter to Clarance B. (Secretary of Addicts Anonymous) from Bobbie B. (GSH) who is responding to his letter of April 19, 1949. Bobbie responds to the pamphlet ("Our Way of Life") that Clarance included in his last letter. "I have just finished going over the mimeographed booklet "Our Way of Life" and I find it good. Isn't it wonderful how simple a transition can be made of our Twelve Steps from one illness to another. (sic)[75] "Our Way of Life ADDICTS ANONYMOUS Men's and Women's Groups U.S. Public Health Service Hospital Box 2000, Lexington, Kentucky. OUR WAY OF LIFE (Prepared by ADDICTS ANONYMOUS, P.O. Box 2000, Lexington, Kentucky, with the guidance and suggestions of the Frankfort, Ky. group of ALCOHOLICS ANONYMOUS, from a working basis of the material contained in the AA pamphlet A WAY OF LIFE.) Addiction to alcohol, sedatives, (phenobarbital, seconal, Nembutal, luminal, chloral hydrate, amytal – the barbituric acid derivatives) and addiction to narcotics (morphine, codeine, demerol, heroin – any and all poppy derivatives or synthetics) indicates that the victim has been unable or unwilling to adjust properly his personality in terms of the problems of living in a comfortable state of mind. Before addiction the individual was in a state of continuous anxiety and pain – and anxiety and pain he did not understand.



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DATE	EVENT
April 25, 1949 **Our Way of Life**	The use of alcohol, sedatives or other drugs – all of them narcotics – SEEMS to remove these discomforts and give the sufferer some enjoyment of life. After withdrawal of either we have found the program of Alcoholics Anonymous to be helpful to the eventual solution of the addict's basic problems. We of Addicts Anonymous have rewritten the pamphlet A WAY OF LIFE, which is published by Alcoholics Anonymous, in order to make it more helpful, we hope, to those addicted to narcotics other than alcohol. Addicts Anonymous is an informal society of former addicts who aim to help fellow problem users recover their health. The purpose of this booklet is to show how many of us, who were once helpless addicts, have recovered from our malady. We have found a way of life which no longer compels us to use drugs. Addicts Anonymous is the great reality which has expelled our obsession. Banded together in groups, or sometimes working alone, we aim to help fellow users recover their health. Not being reformers, we offer our experience only to those who want it. There are no fees – AA is an avocation. Each member squares his debt of gratitude by helping other addicts to recover. In so doing he maintains his own freedom from the habit. Alcoholics Anonymous – our 'parent body' – is growing rapidly since founding in 1934 with the recovery of the first member. There are now between 80,000 and 100,000 members to be found in the 2,500 groups located in the United States and six possessions. Twenty-three foreign countries have AA groups at work. And the AA way of life has penetrated the walls of 55 prisons, 48 hospitals and sanitaria, where active, recognized groups are functioning; how many more groups are a-borning as this is written we know not. AA believes that two-thirds of its members have laid a permanent foundation for recovery as more than half of their present members have suffered no relapse at al despite the fact that many had been considered incurable. This approach to addiction based upon our own experience, upon what we have learned from medicine and psychiatry, and

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DATE	EVENT
April 25, 1949 **Our Way of Life**	upon spiritual principles common to all creeds. By combining these resources, the recovery rate among alcoholics who want to end their addiction has been phenomenal. We see no reason why a similar program would not be effective in drug addiction. We think of addiction as an illness: An obsession of the mind couple with a physical dependency. It is a shattering sickness – physical, emotional and spiritual. How to expel the obsession that compels us to use narcotics against our will is the problem of every addict. The only requirement for AA membership is an honest desire to stay off 'opiates' sedatives and alcohol. Experience has taught us that a return to alcohol or sedatives after withdrawal has been accomplished will be followed just as surely as night follows day by a return to habit-forming drugs. We feel that each member's religious views, if any, are his own affair. While every shade of opinion is found among us, we take no position as a group upon controversial questions. No particular point of view is required of any member save his desire to stay free of narcotics. Our sole aim, then, is to show sick addicts who want to get well how they may do so. There are really groups and not organizations. They have no constitution, no by-laws, no officers, no dues or assessments. The groups are not chartered for profit or otherwise. This treatment is primarily a DIRECTED way of life that may have profited by, and they devote much of their spare time to passing their idea of recovery on to others. <u>MEMBERSHIP</u> Membership of these groups are all former drug addicts, men and women of good talent whose self-administration of drugs has brought them to disaster and despair. These men and women are convinced from their own experience that their reaction to drugs, sedatives and alcohol is not normal and that any indulgence for them constitutes a totally undesirable and impossible way of life. They are completely sincere in their desire to stay free of opiates, alcohol and sedatives for once and for all.

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DATE	EVENT
April 25, 1949 **Our Way of Life**	They recognize that the use of narcotics, alcohol or sedatives I a real problem for them; not merely a problem of dissipation, but a reaction to a dangerous and progressive illness. They clearly understand that once a person has passed from normal to abnormal use of alcohol, sedatives or narcotics they can never learn to control the use thereof again. They have come to believe that they have been trying to substitute their addiction phantasy for real achievement in life, and that their effort has been hopeless and absurd. They have progressed so far that at all times and under all conditions drugs produce for them not happiness but unhappiness. They agree with medical science that they are in the grip of a progressive illness. They have lost the power of choice in drugs. They have lost control. Their will power with regard to drugs is practically non-existent. They have reached the state where the most powerful desire to stop using drugs is of absolutely no avail alone. They were and, in many cases, still are people to whom stark reality and life as it actually is are unacceptable. To face life comfortable they require relief of their chronic emotional tension, and this relief was found in drugs. However, they have come to realize the futility, the danger and the destruction of this method. They understand that they must find another way properly to ajust (sic) themselves to life if they are to survive. There is a symptom common to all who suffer from addiction to habit-forming drugs: They cannot start self-administration of drugs without developing physical dependence and a phenomenal craving; and once they take any habit-forming drug into their systems, something happens, both in the bodily and mental sense, which makes it virtually impossible for them to stop. They, more than most people, lead a double life. A marked personality change takes place when they take alcohol or drugs into their systems. They adopt characteristics and do things that, when they sober up, revolt them. They vaguely

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April 25, 1949 **Our Way of Life**	remember certain episodes, and remorseful and, as fast as they can, push these memories far inside themselves in the faint hope they never will see the light of day. This inconsistency provides the fear and strain that makes easy the alibi for another 'toot'. They understand that their real goal is a contented, efficient and useful life. Abstinence then will almost automatically follow. They realize that many persons with addiction problems are above the average in intellectual endowment, and that while indulging mean failure to them, abstinence is likely to mean success – that missing success over which they are prone to brood themselves into another bout. They recognize that giving up alcohol, sedative or narcotic drugs I their own personal problem which PRIMARILY CONCERNS THEMSELVES ALONE. In give up addiction they do not regard themselves as heroes or martyrs entitled to make unreasonable demands on their families and friends. They appreciate the seriousness of their new way of life and regard it as the most important thing in their lives. They carefully follow a daily, self-imposed schedule which, conscientiously carried through, aids in organizing a disciplined personality by developing new habits for old and bring out a new rhythm of living. They have learned to rid themselves of fears, resentments, false prides, jealousies and emotional disturbances that have formerly been their enemies. They have learned to be tolerant; they are beginning to live honestly and truthfully. They believe that EASY DOES IT.

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DATE	EVENT
April 25, 1949 **Our Way of Life**	They believe in LIVE AND LET LIVE. They feel that they are living on borrowed time – 24 hours a day, on e day at a time; but that, by means of this program, they may continue happily to do so. They know that they have returned from a region where, every year, thousands o people go through suffering, torment and death. Others, in the prime of life, commit suicide, knowing of no other way out. They are not reformers, for they laugh at legislating morals or cravings; they are not crusaders; they believe in Divine aid, yet they are not a religious group. Theirs is A WAY OF LIFE; they have had a spiritual experience, yet they are by no means sanctimonious. Many of these ex-addicts had tried the treatments of medicine and psychiatry but were not cured of the disease. They had been prayed over by their ministers, priests, families, loved ones and friends, yet they continued to use drugs. Many of them had been jailed innumerable times, but were soon out of hand again. Many had been warned by their employers, had been threatened, had been fired from job after job – yet they did not part company with John Junk. Many had gone or had been sent to institution after institution, with the hope that at each new trial the cure would take place. Many had been to so many institutions and had completed so many 'cures' without any change for the better that they had finally been considered incurable and hopeless cases. YET What was not clearly understood was that these people were in the grip of an underlying illness that expresses itself in

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April 25, 1949 **Our Way of Life**	distorted thinking and drug addiction. That before they could recover they must experience a PERSONALITY CHANGE: One that will give them a new outlook on life, will enable them to meet the demands of each day, and to adjust themselves to each situation as it arises. One in which they experience NO FEELING OF SELF PITY, NO RESENTMENT, NO REMORSE. To attain and to maintain this personality is the goal and also the experience of many members of ADDICTS ANONYMOUS. TO RECOVERY The first and most essential step is HONESTY. (Personal honesty, intellectual honesty.) When the addict gets to the place where he is ready to admit that he is powerless to control his drug habits, he has taken one of the hardest yet one of the longest steps toward his recovery. Many are reluctant to make this admission, feeling that it is the acknowledgement of a personal weakness. They attempt to substitute alcoholic beverages for their addiction, or they change to some compensatory occupation, feeling that their former jobs might have induced addiction, or they change their environment. They never get through trying other and old ways that all lead to the same place. Most do not like to admit that they are emotionally and mentally different from any of their fellows. Therefore, it is not surprising that their careers have been characterized by countless vain attempts to prove that they could administer drugs to themselves without becoming addicted. The idea that somehow, some day, should they do this or that, they will be able to control and enjoy their drug-taking is the great obsession of many addicts. (Alcoholics Anonymous calls this 'thinking wet'; Addicts Anonymous calls it 'needling ourselves'.) The persistence of this delusion is astonishing. Many pursue it into and through the gates of insanity and death. The is no known hope of recovery until the person is willing to concede to his innermost self that he is powerless in the face of habit-forming drugs.

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DATE	EVENT
April 25, 1949 **Our Way of Life**	This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed. They must realize that they are in the grip of a progressive EMOTIONAL illness which, unless active treatment such as is afforded by the AA program is undertaken, steadily grows worse, never better. They must realize that it is not the fourth or the tenth shot that gets them down, but THE FIRST, or the 'joy pop' – the FIRST SHOT, CAPSULE or TABLET is the one to be avoided if they wish to follow the path of abstinence. Having achieved this state of intellectual humility, they are ready for the next step to recovery; they come to believe in a power great than themselves, or keep an open mind on the subject while they go on with the rest of the program. Any concept of this higher power is acceptable. Those labeled as skeptics and agnostics may choose to think of their inner selves, others will have different conceptions. Whatever from is visualized, they must rely on it and, in their own way, pray to that power for strength. The core of the techniques by which ADDICTS ANONYMOUS has worked what often seems a miracle in the lives of men and women is spiritual. We repeat: It is not religious, but spiritual. Not mental, not psychological – though it is all three of these as well – but spiritual. The membership embraces agnostic, Jew and Gentile, Protestant and Catholic; all creeds, all denominations, all faiths. They all make spiritual progress by translating this universal and central truth of their release from drugs into their own faith. It is universal because it depends for its effectiveness – and depends absolutely – upon the recognition of a power higher than man; the Creator, the Creative Spirit over all. After the acknowledgment of a belief in a Power higher than man, the next step is the making of a decision to relate

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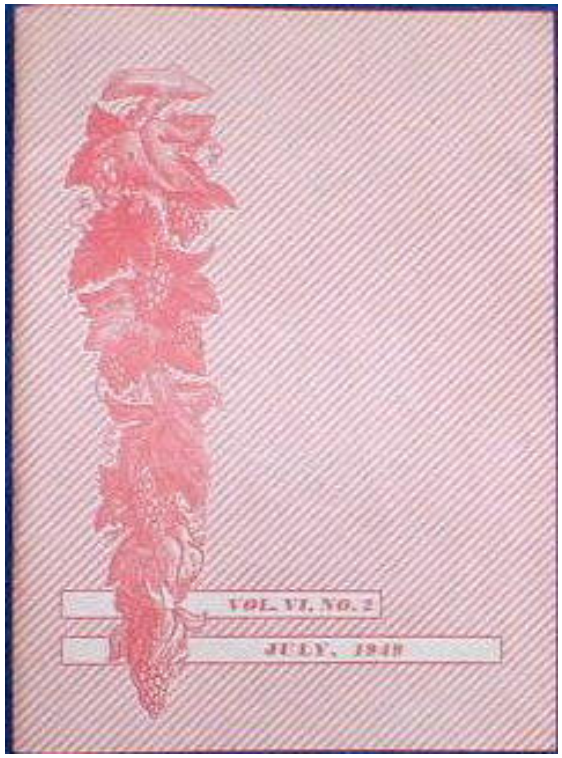
DATE	EVENT
April 25, 1949 **Our Way of Life**	themselves personally to this Power. They made a decision to turn their will and their lives over to the care of God as they understand Him. Then this was sincerely done, and the further suggested steps carried out, they underwent a profound mental and emotional change common to religious experience. Having had a spiritual experience as the result of those steps, they try to carry this message to addicts, and to practice these principles in all their affairs. They believe that faith without works is dead. They believe that their permanent abstinence depends on their willingness to remain spiritually alive. They believe that since prayer and meditation, nightly channels of spiritual vitality, lead us to the next great step, which is effective living. They believe that spirituality itself is the reflection of Godliness into channels of human living. None of the members claims perfect adherence to these principles. They are not saints. These principles are guides to progress and the member claim spiritual progress rather than spiritual perfection. Following are the 'Twelve Steps' we took, which are suggested as a program of recovery: THE TWELVE STEPS 1. We admitted we were powerless over drugs - - that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the Care of God AS WE UNDERSTOOD HIM. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of character.

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April 25, 1949 **Our Way of Life**	7. Humbly asked Him to remove our shortcomings. 8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong, promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God AW WE UNDERSTOOD HIM, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual experience as the result of these steps, we tried to carry this message to addicts, and practice these principles in all our affairs. Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain their way out, come to our meetings held each Sunday afternoon. The Custodian in charge of your dormitory will direct you; or contact the secretary of Addicts Anonymous, care of the Education Department. He or another member will visit you and provide literature on A.A. for your information. Most A.A.'s will be found to have either in their possession or tucked into the corner of the mirror they face every morning the following prayer which we have found to be inestimable value in starting each new day in our 24-hour, one day at a time program: GOD GRANT ME THE SERENITY TO ACCEPT THINGS I CANNOT CHANGE, COURAGE TO CHANGE THINGS I CAN - - - AND WISDOM TO KNOW THE DIFFERENCE This booklet is presented by: _____ Register No. Name Dormitory"[76]
June 1949	Prob. Lt. Edward V. Dimond assists Lt. William H. Boone who assumes command of the Cleveland Harbor Light. Dimond will later play a supportive role in NA in Cleveland.[77]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1940 – 1949

DATE		EVENT
July	**1949**	**"Aid For Drug Addicts" appears in the July issue of the *A.A. Grapevine*:**  "The group was founded in February, 1947, through the good offices of H.P.S. and other members of the Frankfort, Ky., group of Alcoholics Anonymous who since that time have been its constant friends, advisors and mentors and to whom the group feels itself most gratefully indebted." "It is significant that a large percentage of drug addicts were originally alcoholics. Some have alternated between opiate addiction, barbiturism and alcoholism. In addition to semi-weekly meetings of the men's and women's sections of Addicts Anonymous at the Lexington Hospital there is a weekly class devoted wholly to a study of the 12 Steps which this group recognizes with true A.A. conviction as the foundation of the Program for Recovery."[78] **(Author's note: H.P.S. refers to Houston Pridemore S.)**
November 1949		**Two-year Old Thoughts appears in the *A.A. Grapevine*.** H. McK. From Toronto notes that after two years in A.A., "the taste for liquor and drugs have miraculously left me…" (We assume that H. McK. From Toronto is "Hugh" who submitted March 1949 Grapevine article "Only More So")[79]
December 11, 1949		Betty T.'s sobriety date (Habit Forming Drugs Group).[80]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1940 – 1949

DATE	EVENT
1949	There are different dates referenced for the start of Narcotics Anonymous in New York, ranging from 1947 to 1950 (see Appendix One for dates and sources). The following to references are used to support a start date of 1949. The first source to support this start date is from Danny C. and Barbara Doyle. "Studying the program for rehabilitation of addicts in effect at Lexington, and adapting it into a broadened, vigorous plan, he founded Narcotics Anonymous in the latter part of 1949 in New York City."[81] The second source to support this start date is from Sherman Patrick. "In April of 1949, "Danny" as he was called by all who knew of him, returned from that last stay at the Federal Hospital at Lexington, Kentucky, referred to in the above quote, with a dedication to the purpose of starting an "Addicts Anonymous", in the New York City community. But since there was already an A.A. (Alcoholics Anonymous), he decided to call his new group Narcotics Anonymous (N.A.) to avoid confusion. While N.A. was patterned after Alcoholics Anonymous it followed the adaption of Alcoholics Anonymous's (sic) philosophy used by Addicts Anonymous, the original group to which he belonged while in the hospital at Lexington. He had no problem finding members since he had met many addicts over the years who were, like him, seeking a way to shed the "life" for a fresh start as legitimate contributing members of society. He also became active in public relations efforts relative to his cause, both to attract new addicts and to obtain support and aid from the public. It was thus that he met with officials at the Women's House of Detention in New York City and obtained permission to "carry the N.A. message" to the addict offenders incarcerated there."[82]
After 1949	"Following the starting of N.A., Danny Carlsen organized a group composed of parents, interested relatives, friends and others interested in assisting addicts. This "parents' group" provided a point of referral for the increasing number of persons, particularly mothers and fathers of addicts, who were seeking a 'listening ear' even though there was little by way of service that could be offered to them."[83]



Woman looking out window of halfway house at the Women's House of Detention.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1950

DATE	EVENT
Early 1950s	A "Hypes & Alcoholics" (HYAL) group meets briefly in Venice, CA: Bob R., a later long-term member of N.A., served as first secretary of the HYAL group and reports that several HYAL members went on to form Synanon.[84] **A second, undated, reference to HYAL:** "I tried A.A. but it didn't seem to work for me," Vivian related. 'I needed something stronger. I was then in an alcoholic phase and at A.A. no one knew of my addiction. But one evening when it came my turn to get up and make my testimonial, I surprised myself and everyone by suddenly admitting that my real problem was more than alcohol. I remember weeping and confessing….And a woman came up to me afterwards and urged me to go to a branch of the organization, a branch called Hy-Al, developed for those who had both problems.' 'I was going around with a boyfriend at the time, Abe, whose problems were similar to mine, and we both attended the Hy-Al meetings together. And one evening there was this tall handsome man all steamed up about a queer cat at the beach, a guy named Chuck. With this Chuck, he told us, it wasn't testimonials. It was something totally different. So different that it couldn't be explained. It was something that had to be experienced. Powerful!'"[85]
Early 1950s	References to early Addicts Anonymous group in East LA.[86]
February 14, 1950	**The following is from an article in *The Lexington Herald* titled Narcotic Addict Describes Habit:** "A narcotic addict is a sick person, not a fiend: a person with a hungry yearning to be a man again, Lexington Kiwanians heard today from a probationary patient who will be released Wednesday from the United States Public Health Service Hospital. The patient who remained anonymous told the Kiwanians at their luncheon meeting at the Lafayette hotel that Addicts Anonymous, was succeeding admirably at the Lexington institution in its self-help program. He said the members had experienced a "spiritual awakening" and knew that they must seek God's higher power for aid in their return to a normal life."[87]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1950

DATE	EVENT
February 14, 1950	

Narcotic Addict Describes Habit

A narcotic addict is a sick person, not a fiend; a person with a hungry yearning to be a man again, Lexington Kiwanians heard today from a probationary patient who will be released Wednesday from the United States Public Health Service Hospital.

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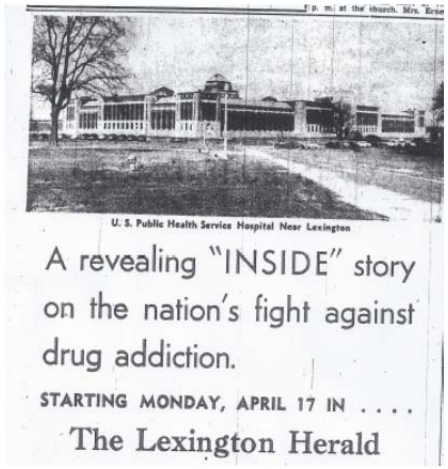
The speaker said the average narcotic addict wants to be let alone and will not stir up trouble. He also described the "deadly fascination" experienced by addicts who self-administer the narcotic.

Presented by Dr. Victor H. Vogel, medical officer in charge of the hospital, the onetime addict described the habit which started when he was given a narcotic for asthma. Special guests were Dr. M. J. Pescor, clinical director at the hospital, and two Lexington federal narcotic agents, Sidney Lovelace and Joe Grant.

Prof. Harold Adams was introduced as a new member. W. J. Rains, club president, presided.

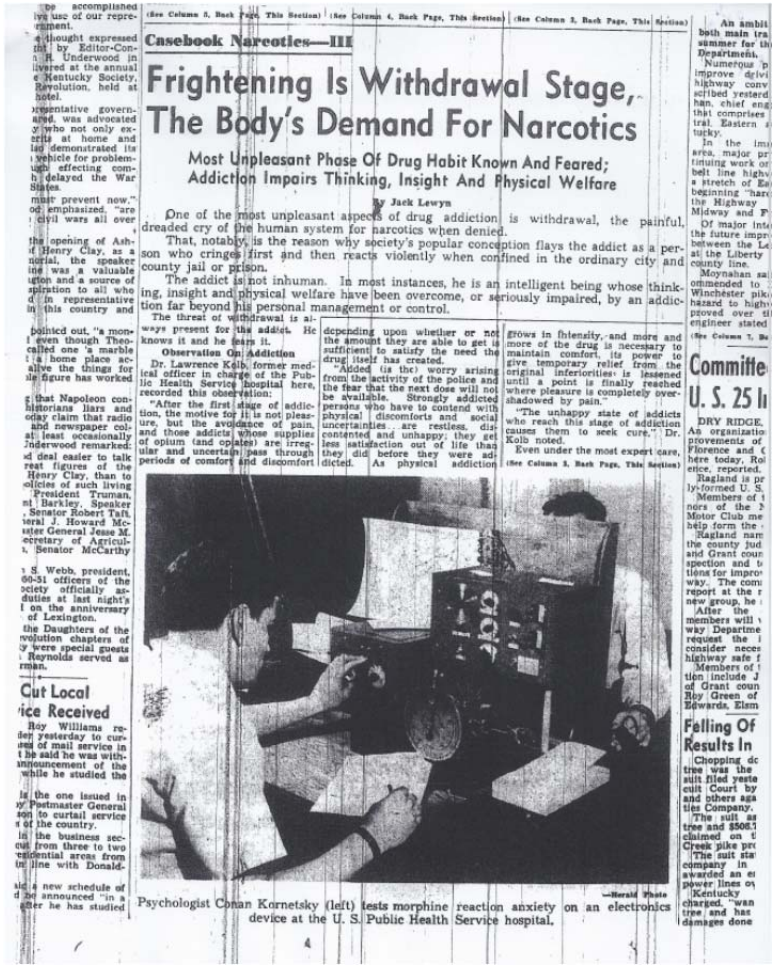
Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1950

DATE	EVENT
March 1950	**The following excerpt is from the article "Manifestations and treatment of addiction to narcotic drugs and barbiturates" by Dr. Harris Isbell that appeared in *The Medical Clinics of North America Article*:** "Many patients appear to derive great benefit from participation in activities of the groups known as Alcoholics Anonymous or the recently organized Addicts Anonymous. These groups also provide a continuing stimulus to remain abstinent from drugs after patients are discharged."[88]
April 1950	**The Lexington Herald runs a series of ten articles from April 17th to April 27th by Jack Lewyn about the US Public Health Service Hospital and addiction.** The advertisement for the series reads: "Central Kentuckians long have wondered just what goes on behind the walls of the United States Public Health Service Hospital near Lexington. Now, the complete story is to be told by Jack Lewyn, a Herald Staff reporter, who went right inside and obtained the whole story. You'll find almost unbelievable the documented stories Lewyn will tell about The Hype, The Young One, The Parson and other colorful characters.[89]  U. S. Public Health Service Hospital Near Lexington A revealing "INSIDE" story on the nation's fight against drug addiction. STARTING MONDAY, APRIL 17 IN . . . . The Lexington Herald
April 20, 1950	**April 20, 1950 – Frightening Is Withdrawal Stage, The Body's Demand For Narcotics. (Casebook Narcotics – III).** "Addicts Anonymous, a patient group at the hospital described well merely by its name and organized along the lines of Alcoholics Anonymous, circulates these thoughts about withdrawal to new patients: We know that in your effort to break the drug habit for the first time, you are not only sick and nervous, but you are also bewildered and somewhat frightened because you do not know what is going to happen next."[90]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1950

DATE	EVENT
April 20, 1950	

Casebook Narcotics—III

Frightening Is Withdrawal Stage, The Body's Demand For Narcotics

Most Unpleasant Phase Of Drug Habit Known And Feared; Addiction Impairs Thinking, Insight And Physical Welfare

By Jack Lewyn

One of the most unpleasant aspects of drug addiction is withdrawal, the painful, dreaded cry of the human system for narcotics when denied.

That, notably, is the reason why society's popular conception flays the addict as a person who cringes first and then reacts violently when confined in the ordinary city and county jail or prison.

The addict is not inhuman. In most instances, he is an intelligent being whose thinking, insight and physical welfare have been overcome, or seriously impaired, by an addiction far beyond his personal management or control.

The threat of withdrawal is always present for the addict. He knows it and he fears it.

Observation On Addiction

Dr. Lawrence Kolb, former medical officer in charge of the Public Health Service hospital here, recorded this observation:

"After the first stage of addiction, the motive for it is not pleasure, but the avoidance of pain, and those addicts whose supplies of opium (and opiates) are irregular and uncertain pass through periods of comfort and discomfort depending upon whether or not the amount they are able to get is sufficient to satisfy the need the drug itself has created.

"Added (is the) worry arising from the activity of the police and the fear that the next dose will not be available. Strongly addicted persons who have to contend with physical discomforts and social uncertainties . . are restless, discontented and unhappy; they get less satisfaction out of life than they did before they were addicted. As physical addiction grows in intensity, and more and more of the drug is necessary to maintain comfort, its power to give temporary relief from the original inferiorities is lessened until a point is finally reached where pleasure is completely overshadowed by pain."

"The unhappy state of addicts who reach this stage of addiction causes them to seek cure," Dr. Kolb noted.

Even under the most expert care,

(See Column 3, Back Page, This Section)

—Herald Photo

Psychologist Conan Kornetsky (left) tests morphine reaction anxiety on an electronics device at the U. S. Public Health Service hospital.

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Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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DATE	EVENT
April 22, 1950	**April 22, 1950 – Meet The Parson: His Is A Story Touched With The Spirit To Win. (Casebook Narcotics – V)** "He joined Addicts Anonymous and later became its secretary. He labored in its behalf. He began to understand the uselessness of narcotics addiction, the consequences traceable directly to the abuse of drugs… …He (the judge) said my record was good and he didn't want to interfere with my work as a minister, the Parson said in a letter to the AA chapter at the hospital. He made me promise that if I ever reverted to drugs that I would return to the hospital. I don't think there is any possibility of my reverting to the use of drugs if I can keep up my AA work and stay close to God. The Parson has been preaching in various churches and has addressed numerous Alcoholics Anonymous groups on behalf of cured addicts seeking help in total abstinence… …The Parson or any others of the hundreds of cured addicts will never be alone again. Outside of the hospital were a sanctuary itself, they will find everlasting help from each other, from what Addicts Anonymous chapters will be eventually originated, and from Alcoholics Anonymous."[91]



Casebook Narcotics—V

Meet The Parson: His Is A Story Touched With The Spirit To Win

The Man Who Once Helped To Build A Church Saw His World Fold, His Family Impoverished, Pitied—Then He Fought Back With Vigor

By Jack Lewyn

The man who stood before the judge in a United States District Court was almost a complete opposite of his former self. He was no longer, in spirit or in character, the man who so often had preached the Word of the Lord to an attentive congregation.

He had stripped himself of respect, and the words of faith he had once expounded with forceful delivery fell dead before an empty heart.

He was sick, in body and soul, and his family of six was impoverished, living only on meager public assistance allotments and other sympathetic help.

He was beyond work because no church wanted a minister who was addicted to narcotics, and who had, as the government charged, forged prescriptions for demerol. Because of severe attacks of asthma, he found it difficult to work at anything else.

"I plead guilty," he said.

The Parson had no prior record but Bureau of Narcotics agents said they had learned he had forged other prescriptions for 215 ampules of demerol. He was not prosecuted on those counts, however.

After his guilty plea, the one-time president of a ministerial association, skilled in his work and promising, was sentenced to three years in the custody of the U. S. Attorney General. The sentence was suspended provided he enter the U. S. Public Health Service hospital as a voluntary patient.

The Parson, whose boyhood life was pleasant and congenial, had been a paper boy, grocery clerk, department store clerk and a textile worker before becoming a minister, a "calling" he pursued vigorously until it was discovered that he was an addict.

The stigma of his addiction heaped additional misery upon his already overburdened shoulders and his achievements melted before the faulty eyes of pity.

The fact that he had been instrumental in building a church during one of several successful pastorates became overshadowed by the clouds of despair and punctured by the hail of whispers.

He found himself snared in the web of sin which he had fought with determination because, within the meaning of the law, he had become a criminal.

He served his last pastorate in 1947, and subsequently operated a grocery store, a job he had to leave because of asthma.

The Parson had come to Lexington for the cure in 1947 as a voluntary patient but left after 11 days because of the plight of his family.

Described as a "very interesting preacher" and a highly reputable and popular minister, he began taking demerol to relieve the pains of asthma. He said he did not realize it would have such harmful effects.

Ill For Three Years

At his arraignment in court, he said he had been in ill health for the last three years, and wanted more narcotics than the doctors would give him.

When members of his church learned of his addiction, they were

—Herald Photo

Harold J. O'Keefe, chief psychiatric social worker, interviews a patient at the Public Health Service hospital about his problems.

sympathetic with him because of his condition but he was asked, nevertheless, to resign his pastorate.

The Parson was still weighted with trouble when he entered the hospital here for his second time. He was an addict. He was physically ill. His wife was sick. He had five children who demanded support—food, clothing, a home. And he was away. He was, by society's standards, a derelict.

But within the walls of Narco, a unique world in itself, he collected the courage he needed, to fight. He found, too, that the gov-

(See Column 3, Back Page)

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

DATE	EVENT
April 26, 1950	**April 26, 1950 – Addicts Anonymous Group Founded With Aim: To Help and Be Helped. (Casebook Narcotics – VIII)**

Casebook Narcotics—VIII

Addicts Anonymous Group Founded With Aim: To Help And Be Helped

Organization At Hospital Here Is Patterned After Alcoholics Anonymous; 'Causes Of Addiction, Alcoholism Basically Same'

By Jack Lewyn

They talked tough, the men who stood before a group of incoming patients at the U. S. Public Health Service hospital.

They put it straight. No fancy speeches about moral right and wrong. It was strictly a personal thing, and they used the hammer of experience to drive the nails of sense about the plight of the unhappy men they were addressing.

These men, sure-talking and backed by their own misfortunes, emphasized every word when they said: "Men, you're in a bad situation."

The chairman said:

"I've been shootin' junk for a lot of years, and it's brought me nothing but grief. I'm tired of it, men. I'm tired of the misery shootin' junk can bring."

He pointed to several others.

"These men will tell you that what I'm saying is true. Some of 'em have been shootin' junk for as long as 20 years. And they haven't got anything but sorrow and grief to show for it."

The old men, the young ones listened attentively. They knew they weren't being conned.

The chairman called Big Tiny, who referred back to the chairman and said:

"He and I came here from Leavenworth together in '39. He knows what he's talking about, and I can tell you that junk hasn't done anything good for me. I'm going out of here tomorrow, and I won't say that I won't ever use the stuff again, but I can tell you that in Addicts Anonymous I found myself again."

Addicts Anonymous netted a 100 per cent membership from that orientation class.

200 Are Members

The organization, still young, still in its trial stages, has a membership of more than 200 patients at the hospital, where it was founded three years ago by two members of the Alcoholics Anonymous chapter at Frankfort who believed that addicts and alcoholics have very similar problems.

"This is an informal group of drug addicts," says the AA's outline of purpose, "banded together to help one another to renew their strength and remain free of drug addiction. Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is

(See Column 6, Back Page, This Section)



A Patient Says Goodbye.

Organization at Hospital Here Is Patterned After Alcoholics Anonymous; 'Causes Of Addiction, Alcoholism Basically Same'

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1950

DATE	EVENT
April 26, 1950	The chairman called Big Tiny, who referred back to the chairman and said: 'He and I came here from Leavenworth together in '39. He knows what he's talking about, and I can tell you that junk hasn't done anything good for me. I'm going out of here tomorrow, and I won't say that I won't ever use the stuff again, but I can tell you that in Addicts Anonymous I found myself again.' Addicts Anonymous netted a 100 per cent membership from that orientation class. **200 Are Members** The organization, still young, still in its trial stages, has a membership of more than 200 patients at the hospital, where it was founded three years ago by two members of the Alcoholics Anonymous chapter at Frankfort who believed that addicts and alcoholics have very similar problems. 'This is an informal group of drug addicts,' says the AA's outline of purpose, 'banded together to help one another to renew their strength and remain free of drug addiction. Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is hereby given and all precedence is acknowledged. We claim no originality, but since we believe the causes of addiction and alcoholism are basically the same, we wish to apply to our lives the truths which have benefited so many otherwise hopeless individuals. We believe that by so doing we may regain and maintain our health and our sanity. Membership is open to anyone, regardless of race, color or creed, who is sincerely desirous of living a life free of drug addiction. It shall be the purpose of this group to endeavor to foster a means of rehabilitation to the addict and carry a message of hope and of the future to those who have become enslaved by the use of habit-forming drugs.' Leaders have been developed among the membership, and the organization is guided by a 13-member steering committee, including a secretary, retiring secretary and assistant secretary. The secretary is elected for a two-month term. The chairman who spoke at the orientation period is the current secretary. **Joint Meetings Held** There are two branches of Addicts Anonymous at the hospital, one for men and the other for women, each with its separate

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DATE	EVENT
April 26, 1950	organization. A joint meeting is held on Sunday afternoon every eight weeks, in the hospitals chapel. Two speakers from outside the hospital usually deliver addresses and the AA members police the sessions to guard against any adverse incidents. Other meetings are held twice-weekly, on Wednesday and Sunday. Hospital officials say the changes in some of the men since they have joined Addicts Anonymous are remarkable. The theme of the group is not necessarily one of religion, although it certainly is spiritual. 'Each meeting of an AA group,' said one member, 'serves as a reminder of, and an occasion for, a renewed concentration to the high purpose of AA, and as a time of refreshing to the spirit and determination of its members.' Another wrote: 'Addicts Anonymous means to me a way of life – a life free from the abject slavery of addiction to narcotics. It means now a way has opened to me to live normally again, where I once lived without hope and in despair. The future has, indeed, been for me a dense darkness. Not one ray of the sunshine of hope ever broke through the dark clouds of my despair – there was no rift in these black storm clouds – they appeared eternal. I plodded futilely and forlornly onward, never upward, along the dreary pathway of mere existence. While I existed each day, it was only with a poignant regret for yesterday and dire dread and unsatiated anxiety for the morrow, terrified for the present to end and the morrow to begin. I was like a soul that is lost, drifting between the worlds – in that frigid cold of the fathomless inky void of outer space – a shivering soul – afraid, frozen, hopeless, hovering nearer and nearer to the open red maw of the Hell Star.' The statements stand as a good description of the haunting specter of addiction. The hospital's attitude toward Addicts Anonymous is one of encouragement. 'While it is too soon to come to conclusions concerning the ultimate value of such an approach to addiction,' said Dr.

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1950

DATE	EVENT
April 26, 1950	Victor H. Vogel, the institution's medical officer in charge, 'it seems pretty plain that at least some patients get considerable support from this activity and improved prospects for rehabilitation. I am sure that may addicts leave here with some kind of inspiration and improved confidence concerning their ability to stay off drugs,' he continued. 'I am sure that at least a limited number who have contacted local Alcoholics Anonymous groups in their home towns after discharge have received material assistance from them in readjustment to community life. So far as I know, there has been no separate outside group of addicts organized, and it is unlikely that any except the largest cities could support such a group. It might even be preferable for members leaving here to work into Alcoholics Anonymous chapters rather than form separate chapters.' There is reported to be one other small group of Addicts Anonymous active in New York City, where it was organized by a former patient at the hospital here who corresponds regularly with the Lexington group – the first in the world to operate as a combat team against addiction.[92]
April 27, 1950	**April 27, 1950 – Addiction Is Recognized As Illness By AA Group Founded To Fight It. (Casebook Narcotics – IX)** **No Particular Point Of View Necessary For AA Membership Except The Desire Of An Addict 'To Stay Free Of Narcotics'** If Addicts Anonymous, as a group, should fold tomorrow, its spirit would live on in the hearts of many men who have found a true salvation in its purposes. But the group is gaining strength – not losing in – both inside the hospital and outside, where it alumni adhere strictly to its principles, and even preach them, for their welfare and the welfare of others. This problem of addiction is so deep, so gripping that experts in the field of treatment recognize that a patient must be hit by some mysterious spark within himself to make him abstain in the face of temptation. Hundreds of addicts have felt that spark through the capable help of the hospital's staff and have been completely cured of the habit.

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1950

DATE	EVENT
April 27, 1950	Through Addicts Anonymous 'we have found a way of life which no longer compels us to use drugs,' its members maintain. 'Addicts Anonymous is the great reality which has expelled our obsession. Banded together in groups, sometimes working along, we aim to help fellow users recover their health. Not being reformers, we offer our experience only to those who want it. There are no fees – AA is an avocation. Each member squares his debt of gratitude by helping other addicts to recovery. In doing so, he maintains his own freedom from the habit.' The creed of Addicts Anonymous parallels closely that of its 'parent body,' Alcoholics Anonymous, which has grown rapidly since it was founded in 1934. There are between 80,000 and 100,000 members of Alcoholics Anonymous in 2,500 groups in the United States and possessions. The AA way of life has penetrated the walls of 55 prisons, 48 hospitals and sanataria where active, recognized groups are functioning. **Based On Experience** The AA approach to addiction is based 'upon our own experience upon what we have learned from medicine and psychiatry, and upon spiritual principals (sic) common to all creeds. But combining these resources, the recovery rate among alcoholics who went to end their addiction has been phenomenal. We see no reason that a similar program would not be effective in drug addiction.



Casebook Narcotics—IX

Addiction Is Recognized As Illness By AA Group Founded To Fight It

No Particular Point Of View Necessary For AA Membership Except The Desire Of An Addict 'To Stay Free Of Narcotics'

By Jack Lewyn

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"Banded together in groups, sometimes working alone, we aim to help fellow users recover their health. Not being reformers, we offer our experience only to those who want it. There are no fees—AA is an avocation. Each member squares his debt of gratitude by helping other addicts to recover. In so doing, he maintains his own freedom from the habit."

This is the last of a series of articles on narcotic addiction.

The creed of Addicts Anonymous parallels closely that of its "parent body." Alcoholics Anonymous, which has grown rapidly since it was founded in 1934. There are between 80,000 and 100,000 members of Alcoholics Anonymous in 2,500 groups in the United States and possessions.

The AA way of life has penetrated the walls of 55 prisons, 48 hospitals and sanataria where active, recognized groups are functioning.

Based On Experience

The AA approach to addiction is based "upon our own experience upon what we have learned from medicine and psychiatry, and upon spiritual principals common to all creeds. But combining these

(See Column 1, Back Page, This Section)

Steering Committee Of Addicts Anonymous Group.

—Herald Photo

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1950

DATE	EVENT
April 27, 1950	'We think of addiction as an illness: An obsession of the mind coupled with a physical dependency. It is a shattering sickness – physical, emotional and spiritual. How to expel the obsession that compels us to use narcotics against our will is the problem of every addict.' For membership in Addicts Anonymous, like the theory of the original AA, no particular point of view is required of anyone except his desire to stay free of narcotics. There is a symptom common to all who suffer from addiction to habit-forming drugs. They cannot continue self-administration of drugs without developing physical dependence and a phenomenal craving, and once they have taken any habit-forming drugs into their systems, something happens, both in body and mental sense, which makes it virtually impossible for them to stop. The men and women of Addicts Anonymous put it this way: 'They more than most people, lead a double life. A marked personality change takes place when they take alcohol or drugs into their systems. They adopt characteristics and do things that, when they sober up, revolt them. They vaguely remember certain episodes, are remorseful and, as fast as they can, push these memories far inside themselves in the faint hope they will never see the light of day. This inconsistency provides the fear and strain that makes easy the alibi for another toot.' **12 Steps of AA** In is (sic) program, the hospital's Addicts Anonymous group uses the 12 steps of Alcoholics Anonymous, with only one obvious variation, the change from alcohol to drugs: 1. We admitted we were powerless over drugs – that our lives had become unmanageable. 2. Came to believe that a power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of God as we understand Him. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove these defects of character. 7. Humbly asked Him to remove our shortcomings.

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1950

DATE	EVENT
April 27, 1950	8. Made a list of all persons we had harmed, and became willing to make amends to them all. 9. Made direct amends to such people wherever possible, except when to do so would injure them or others. 10. Continued to take personal inventory and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry it out. 12. Having had a spiritual experience as the result of these steps, we tried to carry this message to other addicts, and to practice those principles in all our affairs. **Honor Roll** The hospital group has an Honor Roll of ex-addicts and there is considerable pride attached to it. One former member wrote: 'Sorry you thought something happened to me. You folks, the group, I mean, would be the first I should write if that happened, telling you to remove me from the Honor Roll. For I do deem it an honor to be on the Narco Honor Roll. God forbid that I ever slip off.' Many former members correspond with the chapter regularly, outlining their status in society, discussing their aims and encouraging each other. Whenever one fails to get a copy of the group's weekly circular, 'The Key,' an underscored complaint usually results. 'I want to testify,' wrote an ex-addict, 'as to the way society has accepted me since I left Lexington. I have found that I am received by all classes of society for what I am now, not for what I was.' Another wrote back and said he was 'high' again, indeed – 'high on the AA program.' Still another penned: 'I know damn well I won't slip. My wife's my sponsor. Nuf sed!' The same man passed along what he called 'a shocking bit of news.' His local AA group had elected him secretary. And in the files of Addicts Anonymous also is this letter: 'I never before have realized the real problem that an alcoholic is

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1950

DATE	EVENT
April 27, 1950	faced with. I find we have a few living within a stone's throw of our home. I was called from my bed last night to sit with a neighbor having the DT's. I have never seen a more confused person in my life. I said to myself shame on us whom they call nervous. And ashamed I am at my past weakness. Too bad that it has taken over forty years to wake me up. This is a long time to be on drugs and I have not even taken a shot since my release.' The picture of narcotics addiction is black for a junker. For those who want hope, they may find it through the government and ex-addicts themselves. But the road of addiction is always paved with heartbreak.'[93]
June 4, 1950	**The following are excerpts from a letter to Bill W. from Hillary S. of Louisville, KY regarding Houston S. and Addicts Anonymous:** **Hillary describes how long he has been working with Houston and the Addicts Anonymous group:** "For the past three years or more it has been my pleasure to work with Mr. Houston S., of the Frankfort, Ky. Group, conducting meetings at the Narcotic Farm near Lexington, Ky.." **He describes how he became involved with Addicts Anonymous:** "The way this thing started was that Houston came to Louisville to get some speakers to make talks to the Addicts A. Group and was referred to me as being one who would likely help him. I did start taking speakers about every two or three weeks all thru 1947 and a part of 1948 then was assigned more work with our Token Club which kept me rather close here in Louisville for quite a few months. About June of 1949 Houston came down here and asked me to help him out again as the Group in the Farm was in a slump, as he put it, so I started again to take some of our Louisville people to make talks and make the trip at least one time every two weeks, and have gone for five Sundays straight. Since it is a trip of 75 miles each way for me Houston and I have agreed that he will take one Sunday and I the next."[94]
June 18, 1950	*New York Times*: "Group Here Helps Narcotics Addicts"—notes 16 members and 2 meetings a week; Notes that New York Chapter was started 5 months ago (February 1950).[95]

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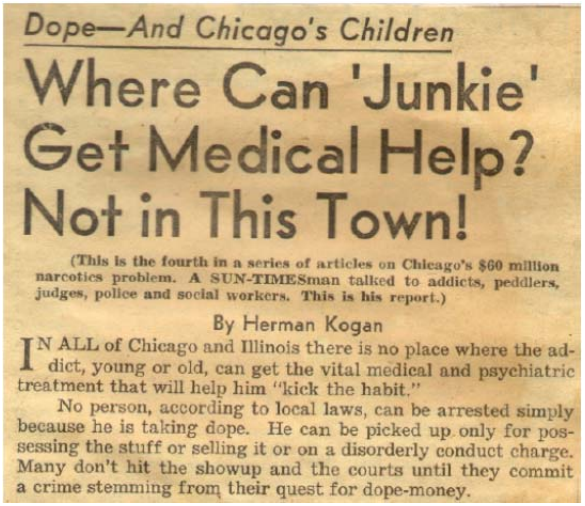
1950

DATE	EVENT
July 29, 1950	Warden Clinton Duffy of San Quentin suggests the formation of a Narcotics Anonymous. "Formation of a Narcotics Anonymous to attack the problem of narcotic addiction was suggested today by Warden Clinton Duffy of San Quentin at the International Conference of Alcoholics Anonymous."[96]
July 29, 1950	The Twelve Traditions are adopted at the 1st International Conference of Alcoholics Anonymous in Cleveland. A Delegate reported: "The overall purpose of this Conference centered in Bill Wilson's account. In the beginning, our A.A. life depended on talking the 12 steps for a guide. Later, the 12 Traditions were added. It has always been the founder's wish that these traditions be adopted officially by A.A. and that the 12 steps and the 12 traditions form an official whole of any creeds A.A. may have. He asked for full discussion on the traditions and none was forthcoming. Then, he suggested as there were no comments, we should adopt them officially for A.A. by standing vote. Everyone in the crowded room rose to his feet. Bill Wilson said: 'These traditions are now adopted as part of our A.A. doctrine.'"[97]
August 1950	**The following excerpt is from the article Addiction to Analgesics and Barbiturates by Dr. Harris Isbell and Dr. H. F. Fraser, which appeared in the journal *Pharmacological Reviews*:** "Many addicts appear to derive great benefit from participation in the inspirational approach of the group known as Alcoholics Anonymous or the more recently organized Addicts Anonymous (61, 116). These groups also provide a continuing stimulus to remain abstinent from drugs after the patient is discharged."[98] p. 376-377

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1950

DATE	EVENT
August 17, 1950	***Chicago Sun Times*: "Dope and Chicago's Children – Where Can Junkie Get Medical Help? Not In This Town! (Part 4 of 4)"** "A NEW group seeking to cut down the ranks of addicts is called "Addicts Anonymous." In intent and method, it resembles the older and well-established Alcoholics Anonymous organization. It was founded in Frankfort, Ky., and works, in some cities, with Alcoholics Anonymous. To those going to Lexington for the first time, Addicts Anonymous lets them know that the break-off process will be tough. They are reminded that they will be nervous, lose their appetites or eat ravenously, perhaps pass out frequently, worry and be depressed and irritable, have many aches and pains, yawn, sneeze and sleep a lot. "But if you hang on like a man," states "The Key," the AA newspaper, "we can assure you everything will be all right." The newspaper's slogan is:" "Easy Does It – 24 Hours a Day – One Day at a Time."[99]
August 19, 1950	**The following appears in the *Saturday Review of Literature*, in its 'Good News' department:** "Group therapy to help addicts abstain from the use of narcotics has been applied sucessfully (sic) on a small but increasing scale in New York City by Narcotics Anonymous. The organization has been assisted by members of Alcoholics Anonymous, from which it derived its name and program."[100] (**Author's note:** This report is later reprinted in *American Speech*, May 1951).
Sept. 1950	Edward V. Dimond is placed in charge of the Cleveland Harbor Light.[101]



Dope—And Chicago's Children

Where Can 'Junkie' Get Medical Help? Not in This Town!

(This is the fourth in a series of articles on Chicago's $60 million narcotics problem. A SUN-TIMESman talked to addicts, peddlers, judges, police and social workers. This is his report.)

By Herman Kogan

IN ALL of Chicago and Illinois there is no place where the addict, young or old, can get the vital medical and psychiatric treatment that will help him "kick the habit."

No person, according to local laws, can be arrested simply because he is taking dope. He can be picked up only for possessing the stuff or selling it or on a disorderly conduct charge. Many don't hit the showup and the courts until they commit a crime stemming from their quest for dope-money.

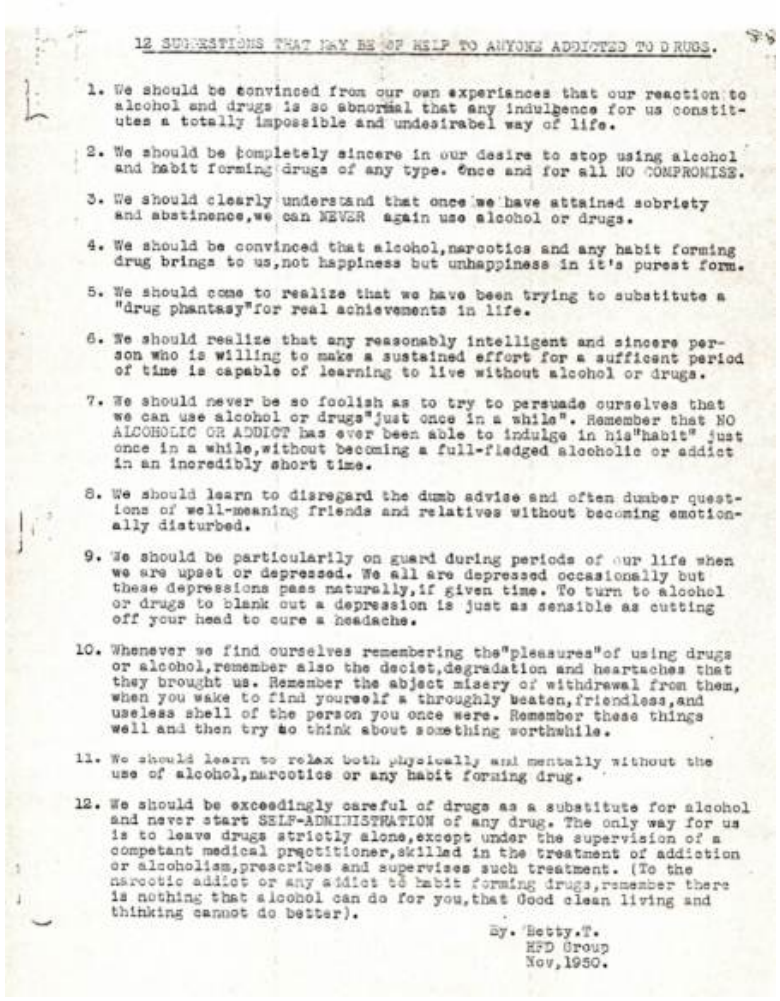
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1950

DATE	EVENT
October 19, 1950	As reported in the Chicago Daily Tribune: "Forty-two Chicago drug addicts, most of them teen-agers, have been committed for voluntary cures to the United States public health service hospital at Lexington, Ky., since March, it was learned yesterday. At the same time, it was disclosed, the city's war on drug addiction among you people has led to the formation of Addicts Anonymous, a voluntary association, based on the same principles which govern the famed Alcoholics Anonymous group…Gilbert and Miss Jessie Binford head of the Juvenile Protective association, disclosed the formation of Addicts Anonymous, patterned after New York's successful Narcotics Anonymous. The new AA, he explained, still is a young organization with only seven volunteers on the staff. They are being assisted by two members of Alcoholics Anonymous in working out techniques of helping other addicts.[102]
November 5, 1950	*Chicago Tribune* journalist Norma Lee Browning wrote a series of articles about women who were addicts. The series was titled Women In Despair: Danger! The following information appears in the fifth article and is told to Norma Lee Browning from a woman currently at the U.S. Public Health Service Hospital in Lexington, KY. The woman is 33 years old, a college graduate, registered nurse and a "confirmed drug addict." She was raised in the south where her father was a well-known physician and later mayor of a large southern city. She went to Chicago for nurse's training. Later, against her better desires, she returned to live with her mother in the south. "I've joined Addicts Anonymous. I know how much Alcoholics Anonymous has done for alcoholics, and if Addicts Anonymous can save addicts, it's the only the only thing that can…I know that if I'm ever going to have peace of mind – which every addict craves almost as much as he does drugs – I'm going to have to change my whole way of thinking. I'm going to need something to go out of her for, something solid to hang onto and work for. But I think I've found it in Addicts Anonymous. For the first time in 10 years, I have moments when I almost feel at peace. It may not last. I can't say. None of us ever knows for sure about the future. But this much I do know: I feel better inside. If this doesn't work, nothing will."[103]
November 1950	**Document created by Betty T. – Habit Forming Drugs Group** 12 Suggestions That May Be Of Help To Anyone Addicted To Drugs 1. We should be convinced from our own experiences that our reaction to alcohol and drugs is so abnormal that any

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DATE	EVENT
November 1950	indulgence for us constitutes a totally impossible and undesirable way of life. 2. We should be completely sincere in our desire to stop using alcohol and habit forming drugs of any type. Once and for all NO COMPROMISE. 3. We should clearly understand that once we have attained sobriety and abstinence, we can NEVER again use alcohol or drugs. 4. We should be convinced that alcohol, narcotics and any habit forming drug brings to us, not happiness but unhappiness in it's (sic) purest form. 5. We should come to realize that we have been trying to substitute a "drug phantasy" for real achievements in life. 6. We should realize that any reasonable intelligent and sincere person who is willing to make a sustained effort for a sufficient period of time is capable of learning to live without alcohol or drugs. 7. We should never be so foolish as to try to persuade ourselves that we can use alcohol or drugs "just once in a while". Remember that NO ALCOHOLIC OR ADDICT has ever been able to indulge in his "habit" just once in a while, without becoming a full-fledged alcoholic or addict in an incredibly short time.



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8. We should learn to disregard the dumb advise and often dumber questions of well-meaning friends and relatives without becoming emotionally disturbed.
9. We should be particularly on guard during periods of our life when we are upset or depressed. We all are depressed occasionally but these depressions pass naturally,if given time. To turn to alcohol or drugs to blank out a depression is just as sensible as cutting off your head to cure a headache.
10. Whenever we find ourselves remembering the"pleasures"of using drugs or alcohol,remember also the deciet,degradation and heartaches that they brought us. Remember the abject misery of withdrawal from them, when you wake to find yourself a throughly beaten,friendless,and useless shell of the person you once were. Remember these things well and then try to think about something worthwhile.
11. We should learn to relax both physically and mentally without the use of alcohol,narcotics or any habit forming drug.
12. We should be exceedingly careful of drugs as a substitute for alcohol and never start SELF-ADMINISTRATION of any drug. The only way for us is to leave drugs strictly alone,except under the supervision of a competant medical practitioner,skilled in the treatment of addiction or alcoholism,prescribes and supervises such treatment. (To the narcotic addict or any addict to habit forming drugs,remember there is nothing that alcohol can do for you,that Good clean living and thinking cannot do better).

By. Betty.T.
HFD Group
Nov,1950.

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DATE	EVENT
November 1950	8. We should learn to disregard the dumb advise (sic) and often dumber questions of well-meaning friends and relatives without becoming emotionally disturbed. 9. We should be particularily (sic) on guard during periods of our life when we are upset or depressed. We all are depressed occasionally but these depressions pass naturally, if given time. To turn to alcohol or drugs to blank out a depression is just as sensible as cutting off your head to cure a headache. 10. Whenever we find ourselves remembering the "pleasures" of using drugs or alcohol, remember also the deceit (sic), degradation and heartaches that they brought us. Remember the abject misery of withdrawal from them, when you wake to find yourself throughly (sic) beaten, friendless, and useless shell of the person you one were. Remember these things well and then try to think about something worthwhile. 11. We should learn to relax both physically and mentally without the use of alcohol, narcotics or any habit forming drug. 12. We should be exceedingly careful of drugs as a substitute for alcohol and never start SELF-ADMINISTRATION of any drug. The only way for us to leave drugs strictly along, except under the supervision of a competent medical practitioner, skilled in the treatment of addiction or alcoholism, prescribes and supervises such treatment. (To the narcotic addict or any addict to habit forming drugs, remember there is nothing that alcohol can do for you, that Good clean living and thinking cannot do better). By. Betty.T. HFD Group Nov, 1950.[104]
1950	Betty T. from LA begins communication with Houston S.—sponsor of Addicts Anonymous Group in Lexington, KY--about starting a recovery support group for addicts. "I did start two years ago, through corresponding with a member of AA that sponsored the group in Lexington, KY to try working with Narcotic addicts, at that time I was asked to serve on the Institutional Committee, I went to the County and City Jail. It was more or less an experiment and as we all learn through trial and error, I found myself in a rather funny

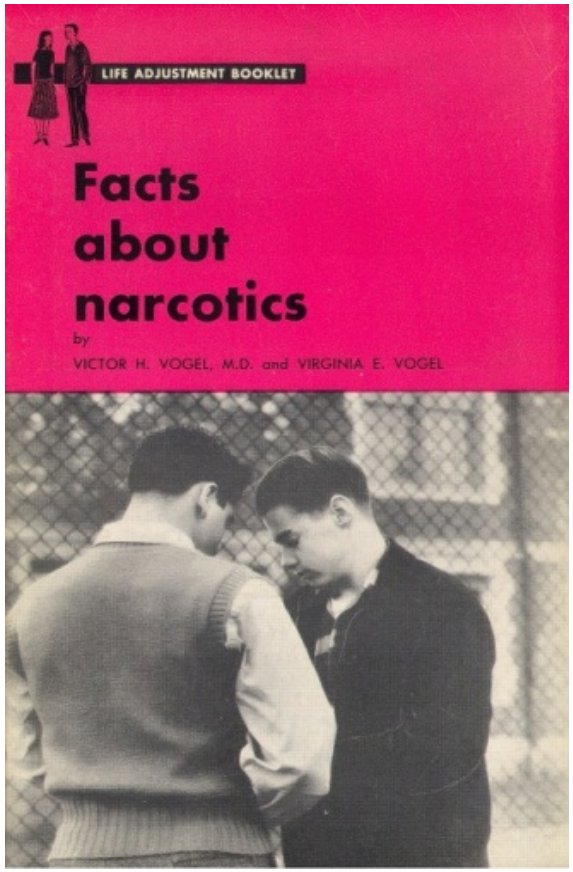
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1950

DATE	EVENT
1950	position, due to the fact that the narcotic addicts were very hard to convince that we had a common problem, it really made me think, but again being a former addict and many years an alcoholic, I tried hard to help them, but as a member of Alcoholics Anonymous, I had so many doubts as to the fact that it would work, I kept on trying and had little or no success."[105]

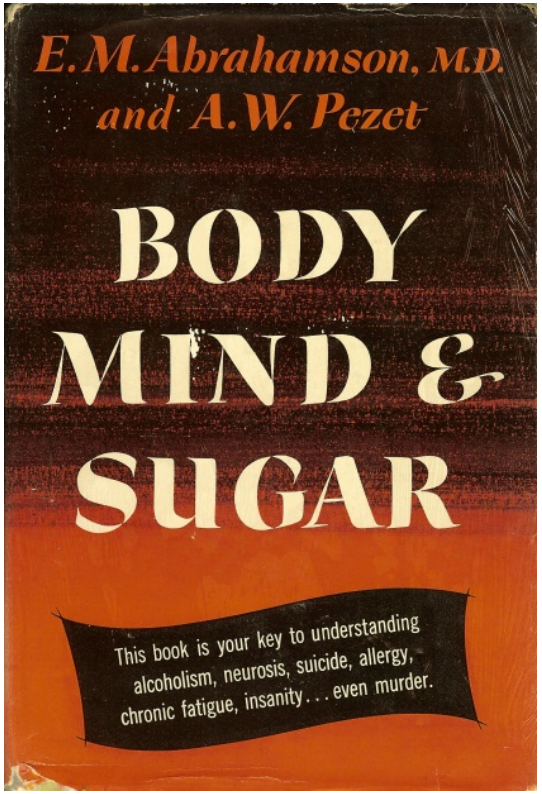
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1951

DATE	EVENT
1951	Dorothy Berry, a member of the New York Council on Drug Addiction, pickets City Hall for beds for addicts in municipal hospitals.[106]
1951	 **Reference to Addicts Anonymous and Narcotics Anonymous in *Facts About Narcotics*:** "In many large cities there are agencies that are interested in helping the person who wants to stay off drugs. They Y's, Scouts, various welfare agencies, and new groups that have sprung up for the purpose of helping the former addict are examples. One of these new groups is called *Addicts*, or *Narcotics Anonymous*, patterned after Alcoholics Anonymous, which is described in *Facts About Alcohol* (see reference on page 49). This group was formed in February, 1947 in the Lexington hospital by a small group of drug addicts, who got help from members of the Frankfort, Kentucky, group of Alcoholics Anonymous. It was founded on the belief that the basic cause of alcoholism could also be applied to drug addiction. *Addicts Anonymous* follows the same program used by Alcoholics Anonymous, helping patients after they are discharged. Within several years after the organization was set up, other groups were formed in New York, Chicago, and Los Angeles. In some other cities the Alcoholics Anonymous groups welcome and help ex-addicts. In the hospital, AA is entirely voluntary and is an extra activity not on the regular program."[107]

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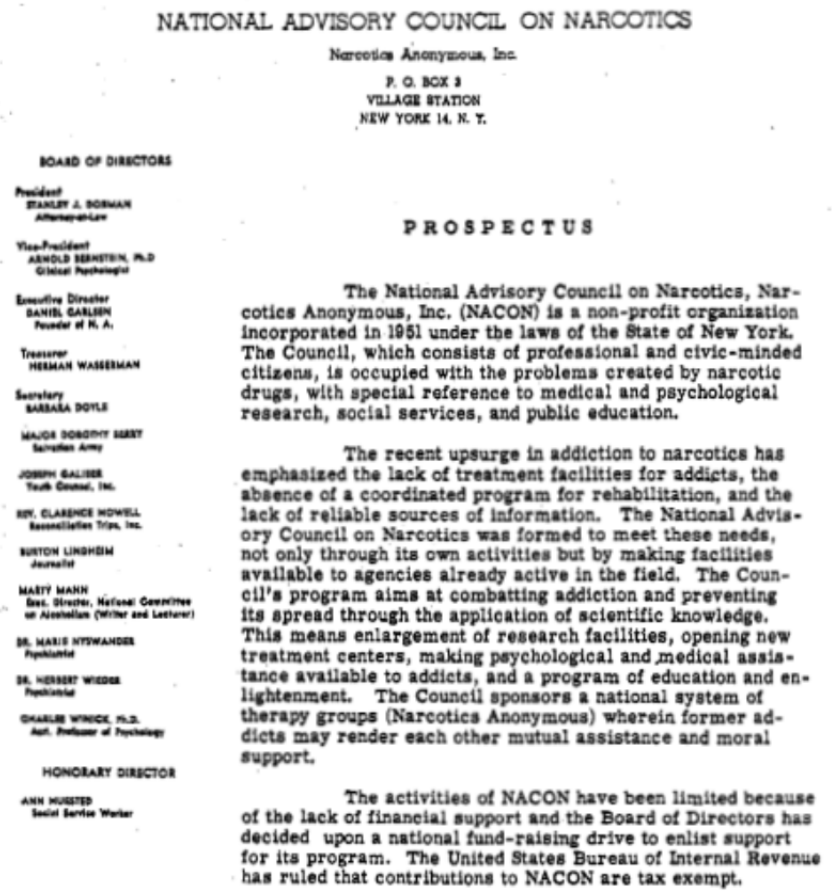
1951

DATE	EVENT
1951	Unsuccessful attempt to start a chapter of NA in Morris County, New Jersey[108]
1951	**The following excerpt is from the book *Body, Mind & Sugar* by E.M. Abrahamson & A.W. Pezet, who note having met N.A. members who carry hard candy to stave of drug cravings:** "Shortly before the completion of this book, the lay member of this collaboration became acquainted with "Narcotics Anonymous," an organization patterned after *A.A.* and concerned with the rehabilitation of the narcotics addict. The writer met a few of the members and gradually became aware of a rather peculiar habit common to them: all carried hard candies to suck on. When asked about this, one N.A. member remarked that "it seems to make it easier to do without the stuff." On another occasion the lay member attended an open meeting of N.A. A young man who had been an addict for only two years was telling his story-how he had become a marijuana smoker and, after a while, having been told that "reefers" were sissy stuff, had taken up heroin. 'Of course,' observed the chairman of the meeting, 'it wouldn't have happened if he hadn't been neurotic to begin with. All of us are a bit neurotic or we wouldn't become addicts.' These two facts had a familiar ring. A craving for the solace of sugar and the neuroses were old friends of ours by now. Could it be that hyperinsulinism had something to do with addiction?"[109] 

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1951

DATE	EVENT
1951	1-page "Prospectus" from the National Advisory Council on Narcotics / Narcotics Anonymous, Inc. used for fund raising; announces national fund-raising drive; Board of Directors include Dorothy Berry of the Salvation Army, Marty Mann, National Committee on Alcoholism and Dr. Marie Nyswander—psychiatrist and later co-developer of methadone maintenance; Danny Carlsen full name listed as Executive Director and Founder of N.A..[110]



NATIONAL ADVISORY COUNCIL ON NARCOTICS

Narcotics Anonymous, Inc.
P. O. BOX 3
VILLAGE STATION
NEW YORK 14, N. Y.

BOARD OF DIRECTORS

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Attorney-at-Law

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Journalist

MARTY MANN
Exec. Director, National Committee on Alcoholism (Writer and Lecturer)

DR. MARIE NYSWANDER
Psychiatrist

DR. HERBERT WIEDER
Psychiatrist

CHARLES WINICK, Ph.D.
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HONORARY DIRECTOR

ANN HUGGETT
Social Service Worker

PROSPECTUS

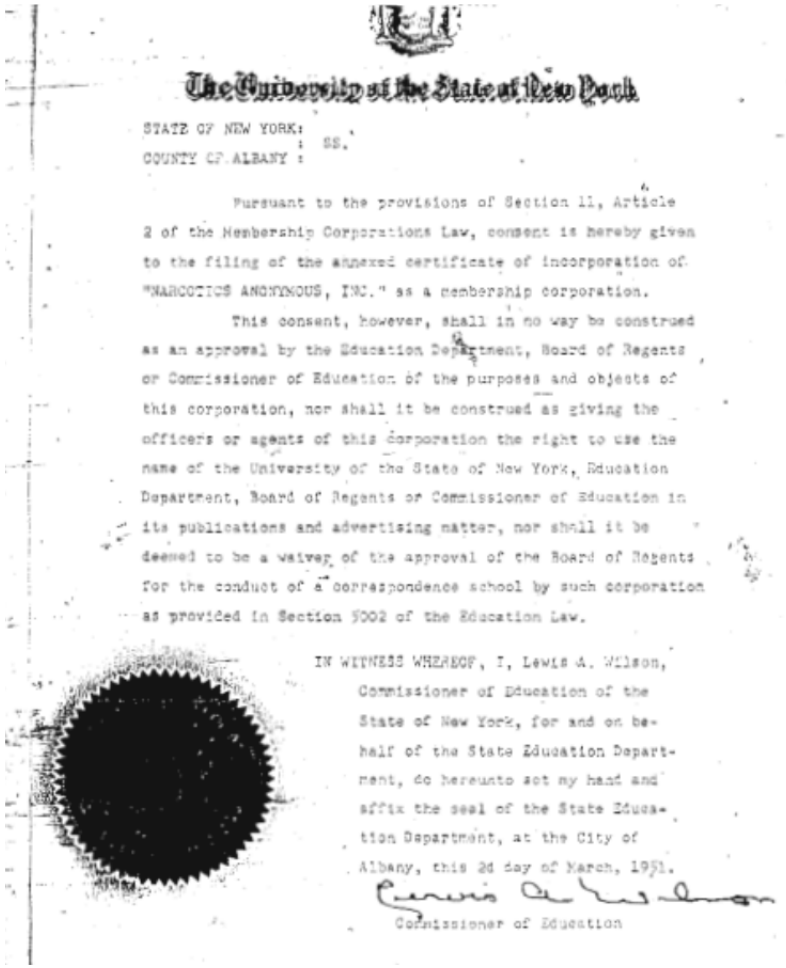
The National Advisory Council on Narcotics, Narcotics Anonymous, Inc. (NACON) is a non-profit organization incorporated in 1951 under the laws of the State of New York. The Council, which consists of professional and civic-minded citizens, is occupied with the problems created by narcotic drugs, with special reference to medical and psychological research, social services, and public education.

The recent upsurge in addiction to narcotics has emphasized the lack of treatment facilities for addicts, the absence of a coordinated program for rehabilitation, and the lack of reliable sources of information. The National Advisory Council on Narcotics was formed to meet these needs, not only through its own activities but by making facilities available to agencies already active in the field. The Council's program aims at combatting addiction and preventing its spread through the application of scientific knowledge. This means enlargement of research facilities, opening new treatment centers, making psychological and medical assistance available to addicts, and a program of education and enlightenment. The Council sponsors a national system of therapy groups (Narcotics Anonymous) wherein former addicts may render each other mutual assistance and moral support.

The activities of NACON have been limited because of the lack of financial support and the Board of Directors has decided upon a national fund-raising drive to enlist support for its program. The United States Bureau of Internal Revenue has ruled that contributions to NACON are tax exempt.

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1951

DATE	EVENT	
January 25, 1951		Articles of Incorporation filed January 25, 1951 for Narcotics Anonymous, Inc. Purpose: "To voluntarily assist former narcotic users to abstain from the use of drugs and to voluntarily assist in the prevention of narcotic addiction among potential narcotics users by holding meetings and discussion groups under the supervision of competent lecturers." Incorporation approved by Commission of Education Lewis A. W. on March 2, 1951.[111]

The University of the State of New York

STATE OF NEW YORK:
: SS.
COUNTY OF ALBANY :

Pursuant to the provisions of Section 11, Article 2 of the Membership Corporations Law, consent is hereby given to the filing of the annexed certificate of incorporation of "NARCOTICS ANONYMOUS, INC." as a membership corporation.

This consent, however, shall in no way be construed as an approval by the Education Department, Board of Regents or Commissioner of Education of the purposes and objects of this corporation, nor shall it be construed as giving the officers or agents of this corporation the right to use the name of the University of the State of New York, Education Department, Board of Regents or Commissioner of Education in its publications and advertising matter, nor shall it be deemed to be a waiver of the approval of the Board of Regents for the conduct of a correspondence school by such corporation as provided in Section 5002 of the Education Law.

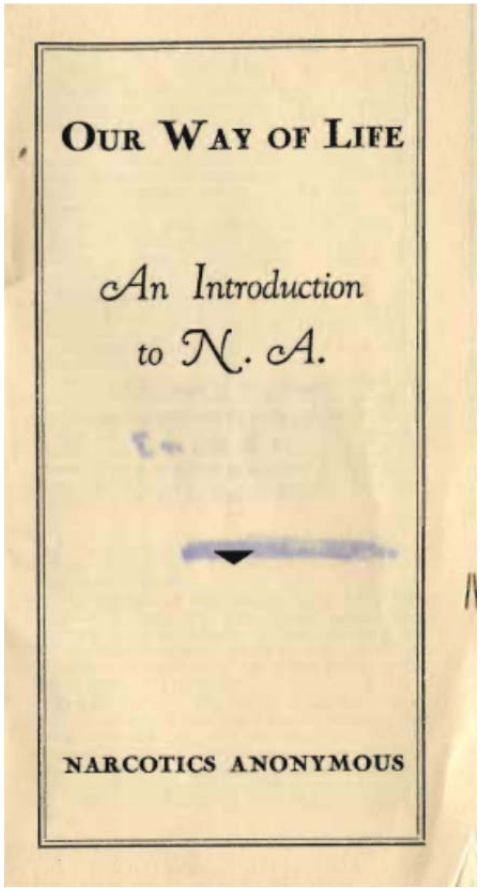
IN WITNESS WHEREOF, I, Lewis A. Wilson, Commissioner of Education of the State of New York, for and on behalf of the State Education Department, do hereunto set my hand and affix the seal of the State Education Department, at the City of Albany, this 2d day of March, 1951.

Lewis A. Wilson
Commissioner of Education

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1951

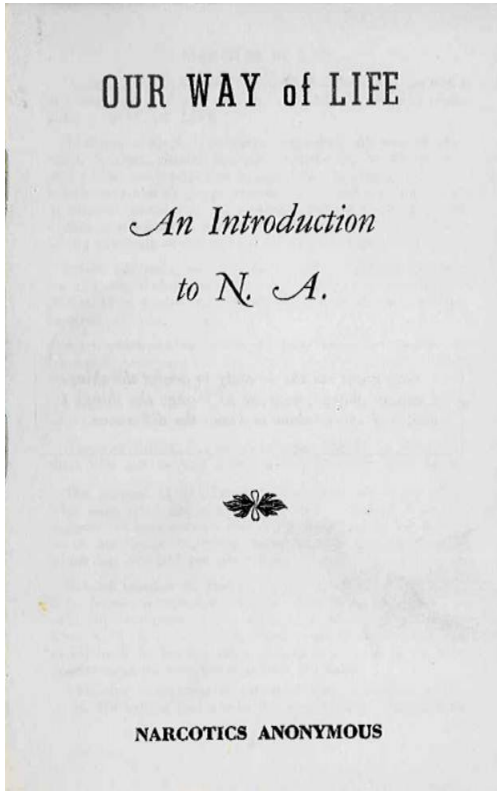
DATE	EVENT
February 1951	NY City Chapter of N.A. announces publication of "leaflet", *Our Way of Life: An Introduction to N.A.* Article in the *American Journal of Public Health* notes the only requirement for membership is an honest desire to stay off "opiates, sedatives and alcohol."[112] There are different versions of *Our Way of Life: An Introduction to N.A.* They differ slightly, but all read almost word for word from *Our Way of Life* by Addicts Anonymous. The version to the right states the following on the inside cover: This Booklet is Presented by N.Y.C. CHAPTER N.A. P.O. Box 3 (Author's note: the number 3 is handwritten) VILLAGE STATION NEW YORK 14, N.Y. On page 1: (Prepared by NARCOTICS ANONYMOUS, P.O. Box 68 Village Station, New York 14, N.Y., with guidance and suggestions of the material contained in the AA pamphlet A WAY OF LIFE.) On page 3: Because of the nature of our problem, another organization had to be created. It is known as 'Narcotics Anonymous, Inc.' and consists of a group of sponsoring citizens who are sincerely interested in combatting addiction. Danny Carlsen, the Executive Director, is the only ex-addict on the Board of Directors of N.A., Inc. The other Board Members are civic-minded persons whose only function is to further N.A. and its members. This organization is chartered and is a non-profit organization.[113]



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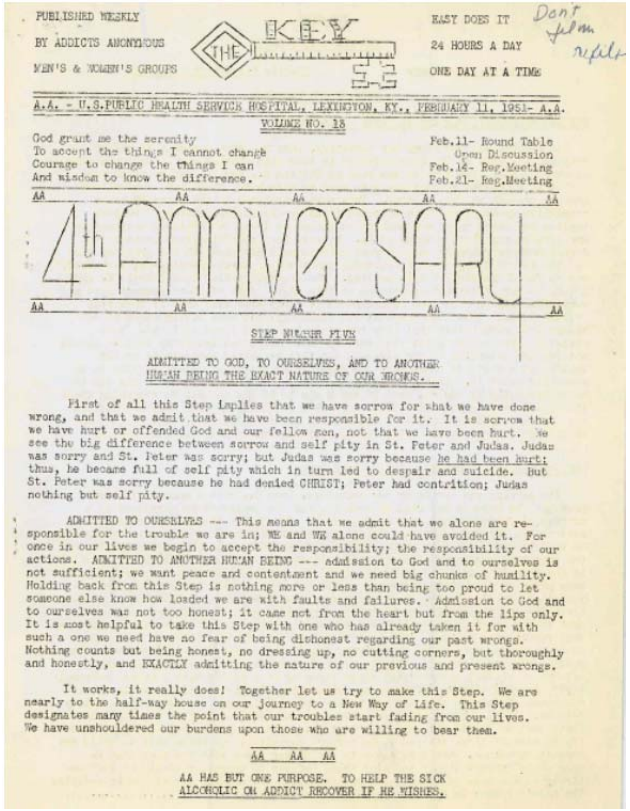
1951

DATE	EVENT
February 1951	The second version here appears to have been printed after the passing of Danny Carlsen. Some of the changes from the version above include the following. Page 5: The National Advisory Council on Narcotics, Inc., a group of civic minded citizens, sincerely interested in this problem, functions as the Board of Directors for Narcotics Anonymous. The function of the Board is to direct, guide, and coordinate Narcotics Anonymous groups. Page 11: Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain to you their way out, attend a N.A. meeting – Open meeting Wednesday evening 8:30 P.M. and closed meeting Friday at the same time. Non-addicts only invited for Wednesday meeting. Friday for former addicts ONLY. All meetings are held at the McBurney Branch Y.M.C.A. at 215 West 23rd St., N.Y.C. or write or phone to 546 6th Ave., N.Y.C. (11) – WA 4-5303. On the back cover of the second version, appears the following: "The Department of Correction wishes to express its appreciation to the National Advisory Council on Narcotics, Inc. (Narcotics Anonymous) and Brigadier Dorothy Berry, Director of the Correctional Services Bureau for Women of the Salvation Army for permission to reprint this pamphlet and make it available for distribution to the inmates of our department. Printed at the Rikers Island Print Shop Inmate Vocational Training Program[114]



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1951

DATE	EVENT
February 11, 1951	Betty T. holds the first meeting of the Habit Forming Drugs Group of Alcoholics Anonymous.[115]
February 11, 1951	**The following excerpt appeared in the February 11, 1951 issue of the Addicts Anonymous newsletter, *The Key*:** "On our fourth anniversary we wish to pay tribute to our beloved sponsor, Houston S., of the Frankfort AA group. We are indebted to him for bringing several members of the Frankfort AA group here four years ago this month to start our group. Since that time he has personally sponsored this group and has given unselfishly of his time with the attendant personal expenses. We know that he wishes to take no personal credit but will say, as he once said; "I was only acting as a messenger from the Higher Power."? But we are all sincerely grateful to you, Houston."[116]  PUBLISHED WEEKLY BY ADDICTS ANONYMOUS MEN'S & WOMEN'S GROUPS THE KEY EASY DOES IT 24 HOURS A DAY ONE DAY AT A TIME A.A. - U.S.PUBLIC HEALTH SERVICE HOSPITAL, LEXINGTON, KY., FEBRUARY 11, 1951- A.A. VOLUME NO. 18 God grant me the serenity To accept the things I cannot change Courage to change the things I can And wisdom to know the difference. Feb.11- Round Table Open Discussion Feb.14- Reg.Meeting Feb.21- Reg.Meeting 4th ANNIVERSARY STEP NUMBER FIVE ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS. First of all this Step implies that we have sorrow for what we have done wrong, and that we admit that we have been responsible for it. It is sorrow that we have hurt or offended God and our fellow men, not that we have been hurt. We see the big difference between sorrow and self pity in St. Peter and Judas. Judas was sorry and St. Peter was sorry; but Judas was sorry because he had been hurt; thus, he became full of self pity which in turn led to despair and suicide. But St. Peter was sorry because he had denied CHRIST; Peter had contrition; Judas nothing but self pity. ADMITTED TO OURSELVES --- This means that we admit that we alone are responsible for the trouble we are in; WE and WE alone could have avoided it. For once in our lives we begin to accept the responsibility; the responsibility of our actions. ADMITTED TO ANOTHER HUMAN BEING --- admission to God and to ourselves is not sufficient; we want peace and contentment and we need big chunks of humility. Holding back from this Step is nothing more or less than being too proud to let someone else know how loaded we are with faults and failures. Admission to God and to ourselves was not too honest; it came not from the heart but from the lips only. It is most helpful to take this Step with one who has already taken it for with such a one we need have no fear of being dishonest regarding our past wrongs. Nothing counts but being honest, no dressing up, no cutting corners, but thoroughly and honestly, and EXACTLY admitting the nature of our previous and present wrongs. It works, it really does! Together let us try to make this Step. We are nearly to the half-way house on our journey to a New Way of Life. This Step designates many times the point that our troubles start fading from our lives. We have unshouldered our burdens upon those who are willing to bear them. AA AA AA AA HAS BUT ONE PURPOSE. TO HELP THE SICK ALCOHOLIC OR ADDICT RECOVER IF HE WISHES.
March 1951	Lynn A., who later starts a Narcotics Anonymous group in Montreal, comes off narcotic drugs in via a spiritual experience in a county jail cell in Windsor, Ontario. She will continue to drink until finding Alcoholics Anonymous in October 1953.[117]

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1951

DATE	EVENT
March 1951	**The following excerpt is from the article Treatment of Barbiturate Addiction written by Dr. Harris Isbell in the journal *Postgraduate Medicine:***

Treatment of Barbiturate Addiction

HARRIS ISBELL*

U. S. PUBLIC HEALTH SERVICE HOSPITAL, LEXINGTON, KENTUCKY

CHRONIC intoxication with barbiturates, like chronic intoxication with morphine, is a true addiction and sudden withdrawal of barbiturates from persons who have been ingesting large amounts of these drugs for long periods of time results in the appearance of convulsions of grand mal type and of a psychosis which resembles alcoholic delirium tremens.[2-4] Although the barbiturate abstinence



ISBELL

using 0.8 gm. or more of any barbiturate daily for as long as two months is very likely to be followed by the appearance of convulsions or a psychosis, or both. Individuals who have been ingesting 0.3 to 0.7 gm. of barbiturates daily may or may not have symptoms following abrupt withdrawal. In such borderline cases, it is wise to proceed cautiously and to avoid the sudden cessation of barbiturate medication.

The treatment of barbiturate addiction, like that of other addictions, can be divided, for purposes of discussion, into withdrawal and rehabilitative phases.

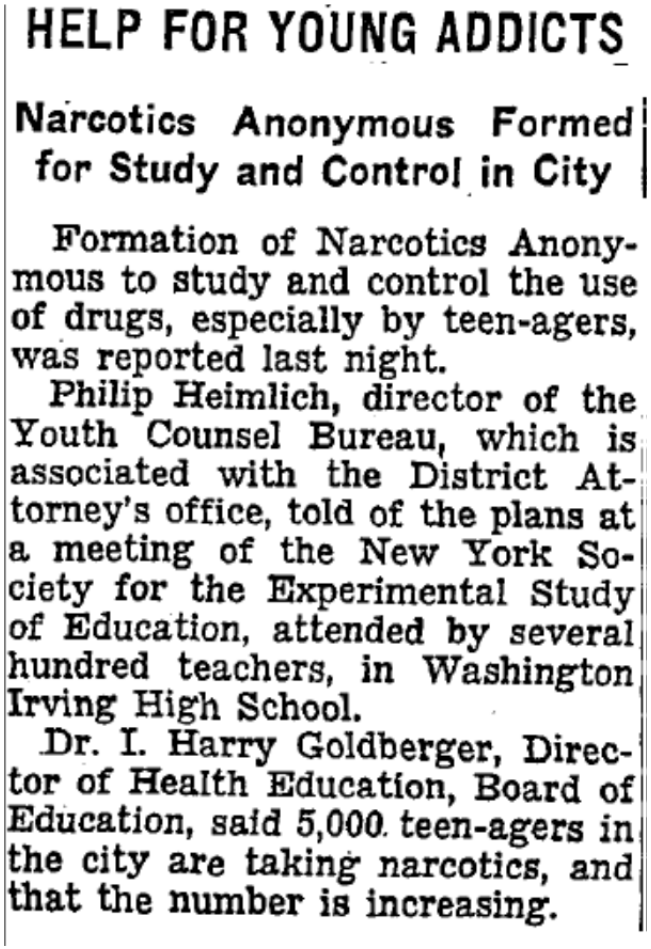
WITHDRAWAL OF BARBITURATES

	"Since barbiturate addiction and alcoholism are similar problems, all patients should be encouraged to participate in the activities of Alcoholics Anonymous groups. Many patients appear to derive great benefit from this organization, which also provides help and encouragement to remain abstinent after discharge from the hospital."[118]
March 26, 1951	Baltimore City Council candidate Henry Cordes Curlander suggests the formation of a Dope Addicts Anonymous society modeled after Alcoholics Anonymous.[119]
April 5, 1951	In April 5 letter to Bill W., Betty T. notes having corresponded with Danny C. of NY NA but notes "I can't seem to go along with him in some ways. I got my sobriety in AA, and I owe my life to it, and I couldn't and wouldn't do anything that was against our principles in any way."[120]

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1951

DATE	EVENT
April 14, 1951	**New York Times article reports "Narcotics Anonymous Formed for Study and Control in City."** "Formation of Narcotics Anonymous to study and control the use of drugs, especially by teen-agers, was reported last night. Philip Heimlich, director of the Youth Counsel Bereau, which is associated with the District Attorney's office, told of the plans at a meeting of the New York Society for the Experimental Study of Education, attended by several hundred teachers, in Washington Irving High School. Dr. I. Harry Goldberger, Director of Health Education, Board of Education, said 5,000 teen-agers in the city are taking narcotics, and that the number is increasing."[121]



HELP FOR YOUNG ADDICTS

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1951

DATE	EVENT
April 27, 1951	***The New York Times*. Ex-Addicts Recite Gains – NA Marks its first Anniversary:** "Six former addicts told last night how their mutual help had enabled them to avoid narcotics for the last year. They were the persistent ones among nearly 100 who have attended some of the secret meetings of Narcotics Anonymous. The organization marked its first anniversary with an open meeting to which friends and a few welfare workers and city officials had been invited. The meeting was held in the McBurney Branch Young Men's Christian Association, 215 West Twenty-third Street. 'Danny,' the founder – members use only first names, as in Alcoholics Anonymous – told of the trials, errors and backsliding encountered in the last twelve months. Of the addicts and former addicts who had come – some out of desperation, some in curiosity and some with quiet determination – to early meetings, 'Danny' said: 'Many have left us. Six have been with us a year free of drugs. Five others who came later are still free. Ten have slipped that we know of. We have no record of the others."[122]

EX-ADDICTS RECITE GAINS

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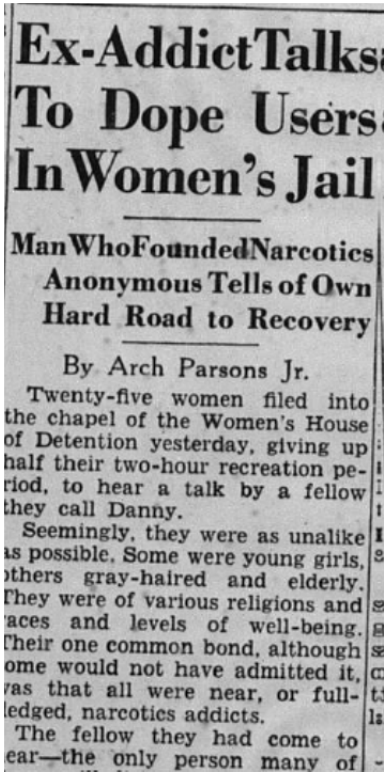
1951

DATE	EVENT
May 1951	**The following appears in the publication *American Speech*:** Narcotics Anonymous "'Narcotics Anonymous' is another recent addition to the mutual help clubs. The *Saturday Review of Literature*, in its 'Good News' department (Aug. 19, 1950 p. 22), told of the N.A.: Group therapy to help addicts to abstain from the use of narcotics has been applied successfully on a small but increasing scale in New York City by Narcotics Anonymous. The organization has been assisted by members of Alcoholics Anonymous, from which it derived its name and program. 'Divorcees Anonymous' and 'Fatties Anonymous' were mentioned by Ruth Odell in *American Speech*, XXV (1950), 315."[123]
May 15, 1951	The following is an excerpt from a letter to the editor of *True Detective Magazine*, written by Dr. Victor Vogel dated May 15, 1951. The two page letter was written in response to an article by Fred J. Cook titled "Drug Trap!" Dr. Vogel criticizes the article stating: "It is unfortunate that some of the irresponsible writing in this article will act to discourage addict patients from coming to this hospital for treatment…There are of course some old-timers of the recidivist group of addicts here who can and do tell young addicts the things they shouldn't know; on the other hand there is an element of sincere people who are anxious to become cured and have formed within the hospital a group known as Addicts Anonymous, with weekly inspirational meetings. Patients who wish may associate themselves with this group and are not inevitably the victims of the worser (sic) elements as you say."[124] 

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1951

DATE	EVENT
May 7, 1951	**The following appears in an article, titled "Ex-Addict Talks to Dope Users In Women's Jail – Man Who Founded Narcotics Anonymous Tells of Own Hard Road to Recovery" by Arch Parson, Jr., appears in the *New York Herald Tribune*:**



Ex-Addict Talks To Dope Users In Women's Jail

Man Who Founded Narcotics Anonymous Tells of Own Hard Road to Recovery

By Arch Parsons Jr.

Twenty-five women filed into the chapel of the Women's House of Detention yesterday, giving up half their two-hour recreation period, to hear a talk by a fellow they call Danny.

Seemingly, they were as unalike as possible. Some were young girls, others gray-haired and elderly. They were of various religions and races and levels of well-being. Their one common bond, although some would not have admitted it, was that all were near, or full-fledged, narcotics addicts.

The fellow they had come to hear—the only person many of

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The fellow they had come to hear – the only person many of them will listen to – was Daniel Carlson, forty-four, who until two years ago had been an addict for twenty-five years. Nine of those years were spent in hospitals, detention homes and penal institutions. In the twenty-fifth year Danny was taking a shot of morphine ever three hours.

'At that point,' he recalled, 'I tried to commit suicide.'

Audience is Attentive

Danny – no one ever calls him Mr. Carlson – talked to the women about what he calls his 'life insurance.' This is an organization called Narcotics Anonymous, which he founded two years ago and through which he finally 'got the monkey off my back' – the term many addicts use to describe their state.

The women listened rather carelessly at first. There were even a few giggles. Danny smiled with them and began to explain Narcotics Anonymous, why he started it, how it resembles the more famous Alcoholics Anonymous, how it keeps

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May 7, 1951	addicts 'off the hook.' He recalled some of his own experiences and spoke with that jargon which is peculiar to and understood by every addict. His listeners quieted and paid attention. At the end of forty minutes, they asked him questions about addiction and about their own personal problems. Only Danny realized when the hour was over. Afterward, several of the women told Danny they would drop by his office, at 133 West Fourteenth Street, when they get out. The office is a small cubbyhole lent to N.A. of the Salvation Army. To date, N.A. has been virtually a one-man operation with a tiny treasury. Danny, a former furniture finisher, lives on $25 a week he receives as a relief recipient from the Department of Welfare. He lives in one room of a cold-water flat. He works seven days a week on N.A. business until he has to return to the hospital for treatment of a kidney ailment, a souvenir of his former addiction. **The Help Each Other** In his office, Danny explained N.A. 'We work on the theory that drug addiction is a disease,' he said. 'The first step is to get rid of the physical dependency upon drugs. That's what we call 'withdrawal.' It's not a cure. And it's not worth a tinker's dam unless it's followed up. That is what we are trying to do. 'Narcotics Anonymous is an informal society of former addicts who aim to help each other expel the obsession that compelled us to use narcotics. Not being reformers, we offer our experience only to those who want it. There are no fees – N.A. is an avocation. Each member squares his debt of gratitude by helping other addicts to recover. This way, he maintains his own freedom from the habit.' The organization holds meetings on Tuesdays and Fridays at the McBurney branch of the Y.M.C.A., at 215 West Twenty-third Street. Only Danny and other former addicts attend these meetings. Here they discuss their personal problems and what N.A. calls 'the twelve steps' to recovery. The steps include: 'We admitted we were powerless over drugs – that our lives had become unmanageable…we made a searching and fearless moral inventory of ourselves…we admitted to God, to ourselves and to another human the exact

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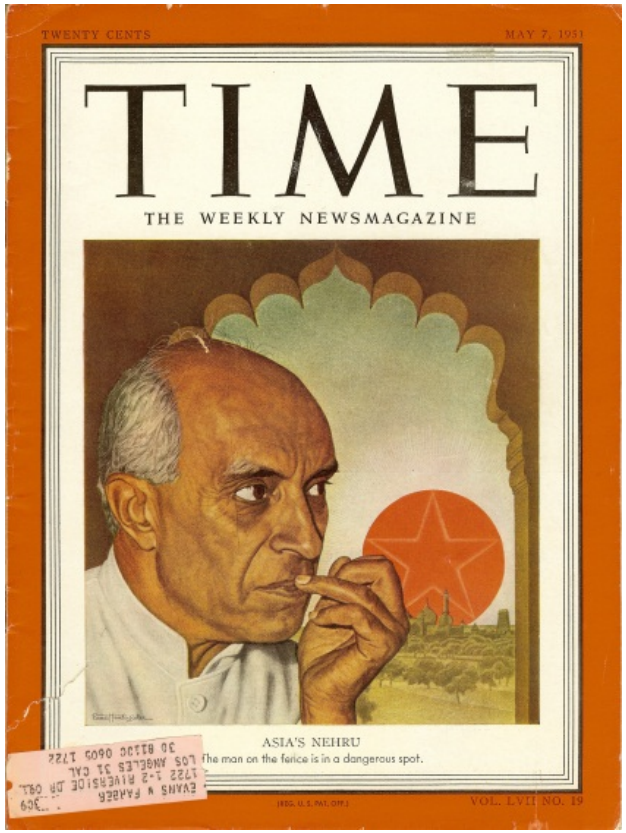
1951

DATE	EVENT
May 7, 1951	nature of our wrongs…we made a list of all persons we had harmed and became willing to make amends to them all…we tried to carry this message to narcotic addicts and to practice these principles in all our affairs.' Danny tours the city, speaking in so-called 'contaminated' communities when addiction is rampant and urging known addicts to go to the United States Public Health Hospital at Lexington, Ky., for a withdrawal, which usually takes about six months. The hospital is N.A.'s birthplace. Danny, who had been there several times, went back for a final attempt to break the habit in March, 1949. There he organized a correspondence club with other addicts and studied the techniques of Alcoholics Anonymous. When he was released in December of that year he formed the first chapter of the organization; the addicts met in one another's homes. **Money Is Chief Need** There have been times when Danny has virtually barricaded himself in a room to avoid 'taking a shot,' as he calls it, but the times are getting farther and farther apart, he said. The Lexington hospital charges according to the patient's ability to pay. When addicts can't afford the trip, N.A. tries to find the money. 'There are three things we need,' Danny explained. 'Money, a special hospital for addiction here in New York and a larger staff. One man, the handful of reformed addicts and friends we have and what we can save from our income do not go very far.' Danny also corresponds with reformed addicts all over the nation. N.A. branches are being formed in Washington, Los Angeles and in Canada. Recently, during an hour in his office, he persuaded one addict – an eighteen-year-old girl – to go to Lexington, told a mother that her son was 'doing fine' as an N.A. member, arranged to speak at a church in Brooklyn and told another N.A. member to work a bit harder toward getting hospital facilities in the city. 'Some of my friends think I've blown my top,' he said, 'but I know how good it feels to get rid of the habit and I know how much still has to be done.'[125]

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DATE	EVENT
May 7, 1951	**An article appears in *Time Magazine* titled "The White Stuff" that features the experience of Danny C.:**

"Young Danny had an abscessed ear, and to ease the pain a doctor in St. Joseph Missouri gave him morphine. Danny had been an insecure, troubled child longer than he could remember – both his mother & father had died when he was five. At 16, Danny knew nothing about psychology, but he knew that the 'shot' gave him a lift. From a peddler he got morphine regularly for six months; then he lost his contact and could get no more. He became weak, nauseated, sweaty, shaky and depressed. Danny was sent to a state hospital.



No Such Thing as a Cure

Danny learned a lot in the hospital. Veteran gowsters taught him how to get a ration of white stuff. When he got out, Danny did not go home. He bummed around the country, doing odd jobs, lying, stealing, forging prescriptions – anything for a bang. Time & again he was picked up and convicted, usually to serve his sentence in the U.S. Public Health Service's hospital for narcotic addicts at Lexington, Ky. "They can withdraw you,' says Danny, 'but there is no such thing as a cure. You just have to stay away from the stuff.'

Between terms, when Danny seemed to be away from the habit, he got married. Before the first baby was a year old, Danny was shot up again. When his wife left him he tried to commit suicide. And so back to Lexington.

Up to this point Danny's story had a deadly familiar ring. Every year, thousands of teen-agers take the first step to narcotic addiction – usually by smoking a reefer (a cigarette containing marijuana) because they don't want to be called 'chicken.'

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DATE	EVENT
May 7, 1951	Dope peddlers have been pushing their wares through high schools and street gangs. Now estimates of the number of addicts range anywhere from 50,000 to 300,000. **Eleven Out of 80** Last week, Danny stood up in a Y.M.C.A. auditorium in Manhattan and told what happened to him during his last stint at Lexington, and how this might help other victims. Danny had started listening to members of Alcoholics Anonymous. 'It seemed religious,' he says, 'and like most addicts I don't care anything about God. It might work for those drunks but not for us. But after a while I began to feel that this group had the answer,' Danny studied the A.A. code, saw how it could be applied to discharged dope victims, and founded Narcotics Anonymous. Now, on the first anniversary of Narcotics Anonymous, Danny could report on about 80 addicts who had tried mutual-aid, group therapy. Six had stayed drug-free for a year or more, five more have been free for a shorter time. Ten are known to have slipped back into the habit; so, probably, have most of the 60 who cannot be traced. Numerically, it was a small beginning. But the group in Manhattan (and others being formed in Chicago, Los Angeles and Vancouver) offered new hope to men who had suffered the agonies of withdrawal at Lexington or at the similar P.H.S. hospital at Fort Worth, only to fall into the habit again. Says Danny, whose downfall began with an earache 25 years ago: 'I've been a burden to the Government most of my life. Now I can repay my debt.'"[126]
May 16, 1951	Danny C. "former addict and present director of Narcotics Anonymous." "The annual community night at Wright's Memorial AME Church swerved from its original plan this year. Because of the tremendous increase in the traffic of drugs, especially among the youth of our city, the pastor, Rev. Harold F. Berry, was successful in engaging outstanding speakers who discussed this subject…" In addition to Danny C., speakers included Dr. Litchstein (N.Y. County District Attorney's Office), Phillip Heimlich (Director of the Youth Counsel Bureau, District Attorney's Office), Clarence Johnson (well-known Brooklyn attorney and Board member of the Youth Counsel Bureau) and Joseph Resnick (probation officer of the Adolescents' Court in Brooklyn).[127]

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1951

DATE	EVENT
May 18, 1951	**The following article, "Legion to Open National Drive On Narcotics," appears in the New York Herald Tribune:** "**Plans Two-Day Clinic Here in June to Study Ways to Fight Drug Addiction** The American Legion plans to launch a nation-wide campaign against the use of narcotics with a two-day conference in New York next month at which the country's experts on the problem will survey methods of combatting it, representatives of the Legion announced yesterday. The narcotics situation was brought to the Legion's attention recently by Irving Geist, businessman and philanthropist, who was chairman of the Legion's Tide of Toys program. Mr. Geist is also chairman of a committee which is seeking to establish a rehabilitation center for drug addicts in New York. Mr. Geist reported yesterday that the experts' conference will be held at the Hotel Sherry-Netherland on June 9 and 10. 'It will be in the nature of a hearing – a report to the American Legion,' he said. 'Nobody knows just how serious the narcotics problem has become. The number of addicts is mounting higher by the day.' Mr. Geist said that there is a possibility the conference will be televised. **Legion's Campaign** He said that the Legion's campaign will include the registration of addicts at the organization's 17,500 posts throughout the nation so that they may be sent to hospitals for treatment, a study of Federal and state statutes on the sale and use of drugs and the support of private agencies such as Narcotics Anonymous. He became interested in the problem, he said, when he was deputy foreman of a Federal grand jury in January. 'A young boy came before us and had to plead guilty to a felony in order to be admitted to the United States Public Health hospital at Lexington, Ky.,' he recalled. 'That's when I decided we need some sort of treatment center here.'

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DATE	EVENT
May 18, 1951	The center is one of the current projects of the Four Chaplains Memorial Fund, of which Mr. Geist is chairman. He said that the chances are god that a hospital or some other building will be available this fall. The center is expected to cost $2,000,000 and consists of 200 beds. Mr. Geist conferred with Legion officials in Indianapolis earlier this month during a meeting of the organization's national executive committee. After adopting a resolution deploring 'the growing use of narcotics by juveniles,' the committee appointed a special group to launch the national campaign. **Craig is Chairman** Chairman of this group is George N. Craig, past national commander of the Legion; other members are Leo Lanning, New York State Veteran's Affairs director; Clarence Cross, Chicago banker, and Guy Stone, a Georgia attorney. All are national executive committeemen of the Legion. Among those who will be invited to attend the anti-narcotics clinic next month are: Sen. Herbert O'Connor, D., Md., chairman of the Senate Crime Investigating Committee, which plans to turn its attention to the narcotics situation; J. Edgar Hoover, director of the Federal Bureau of Investigation; Oscar Ewing, Federal Security Administrator; John Snyder, Secretary of the Treasury; Harry Anslinger, United States Narcotics Commissioner, and Nathaniel Goldstein, New York State Attorney General. Others are Dr. Victor Vogel, chief medical officer at the Lexington hospital, District Attorney Frank S. Hogan; Danny, director of Narcotics Anonymous, and Sylvia Singer, chairman of the Welfare Council's narcotics projects."[128]
June 7, 1951	**United States Senate** **Special Committee to Investigate Organized Crime in Interstate Commerce** Testimony held at the Maryland State Reformatory for Woman in Jessup, MD.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1951

DATE	EVENT
June 7, 1951	Presided over by Senator Herbert R. O'Conor (D-MD). In interviewing a 23 year old female addict, Mr. James M. Hepbron (administrative assistant to the special committee) asks about Narcotics Anonymous. "Mr. Hepbron: You are cured insofar as not having withdrawals symptoms. The balance is up to you when you leave here. Once you touch it, you are gone, just like an alcoholic. The first drink he touches, he is back again. You cannot cut it out just like cancer and remove it. With drug addiction, there is that desire on your part to go back to it again. If you don't control it and keep away from bad associates and get your satisfaction in life from some other way — do you understand that? The Witness: I understand that. Since I have been here I have seen the Alcoholics Anonymous come in and talk to them, and I am sure they give a person better hope in showing different things out in the world. We do not have anyone to talk to. Mr. Hepbron: There is a group called Narcotics Anonymous, just like Alcoholics Anonymous. Mr. Moser: It is brand new. Mr. Hepbron: They have a big branch in New York. They are establishing branches. They will try to do the same thing for drug addicts as Alcoholics Anonymous did for alcoholics. It is the same program except it is devoted to drugs…"[129]
June 12, 1951	**United States Senate** **Special Committee to Investigate Organized Crime in Interstate Commerce** Testimony held at the US Public Health Service Hospital in Lexington, KY. Presided over by Senator Herbert R. O'Conor (D-MD).

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1951

DATE	EVENT
June 12, 1951	***The following excerpt is from testimony given by a 49 year old man from Birmingham, AL who is a patient at the US Public Health Service Hospital in Lexington, KY.*** Excerpts from Testimony of Mr. _____ Drug Addict: "Mr. Moser: …Will you state your name, please ? The Witness: _____ Mr. Moser: What city do you come from? The Witness: Birmingham, Ala. Mr. Moser: You are secretary of an organization called Addicts Anonymous? The Witness: Yes, sir. Mr, Moser: Here at this institution; is that correct? The Witness: Yes, sir. Mr. Moser: How many are there in that group? The Witness: Well, we have between — it varies — between 35 and 50, in that neighborhood, an average of around 35 regular attendants. Mr. Moser: How often do you meet?

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DATE	EVENT
June 12, 1951	The Witness: Twice a week. Mr. Moser: What do you do at your meetings? The Witness: Well, it is kind of a therapy, it is kind of a group therapy, you could call it. It is whereby men tell of their experiences and the different various things that they have done, and by that, why, we find ourselves listening to some other man's story, and we look at ourselves in a way which we had never seen ourselves before. Mr. Moser: In other words, it is an attempt to understand each other? The Witness: To understand each other's problems; yes. Mr. Moser: As well as your own? The Witness: That is right. It is fellowship, in other words. Mr. Moser: What is your age? The Witness: Forty-nine. Mr. Moser: How many times have you been at this institution? The Witness: Twice… Mr. Moser: Mr. Witness, you have studied the question of how to get off and how to cure yourself. What is your feeling about it, especially in connection with Addicts Anonymous? The Witness: Well, first, I believe that a man has got to want to be cured, and rid himself of the habit. I have found in the

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DATE	EVENT
June 12, 1951	study of this program that I believe the only solution is a program which has a spiritual side to it. It is not a religious program. It is a moral program. Mr. Moser: You mean the Addicts Anonymous program? The Witness: Yes, sir. Senator Wiley: Where do you start in this program? The Witness: Well, you mean, how do we start? Senator Wiley. The reason I asked was this: I had a friend who was in Alcoholics Anonymous, and he told me that he came out of a terrific situation. He said that he started with the idea that of his own volition he could do nothing, but that with God everything was possible. The Witness: That is right. We follow the same steps that Alcoholics Anonymous follow. We just substitute the word "drugs" for "alcohol." Mr. Moser: You have to believe that there is something bigger than yourself? The Witness: First, you have got to believe that there is a power greater than we are. Senator Wiley: That is correct. The Witness: As individuals. It does not necessarily mean — well, some might believe that that power was something else — but the main thing is to have someone believe that there is a power greater than he is. Senator Wiley: Who is ready and available to help.

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DATE	EVENT
June 12, 1951	The Witness: Yes, sir. Mr. Moser: What success do you think there has been among people who have followed the program of "AA"? The Witness: Well, we have quite a number of men that have been members of this group, and they have been living a life free of drugs, and living a happy life for 1, 2, and 3 years. Mr. Moser: And do they get others to follow them? The Witness: Well, they do. It would be kind of hard to say as to how many members we have that have left this institution, because they don't all write us. Now, we had a letter back a few months ago from a man who was a member of this group, back when it was first organized. It was about a year old. It has been organized now going on into its fifth year. This man had a condition that warranted the use of drugs, but he stayed free of them, and he had an attack and died. We had a letter from his father, and his father said that in his wallet they found a little note stating under no conditions if he was in any accident to administer any narcotic drugs to him. Mr. Moser: He really believed in it? The Witness: Yes; he really believed in it, and he realized what it was; he realized he just could not take it… The Chairman: I was wondering if over that period of time you noticed that there had been any greater increase in addiction among the younger people. The Witness: Definitely.

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1951

DATE	EVENT
June 12, 1951	The Chairman: In recent years, the last year or two. The Witness: Definitely. Senator Wiley: I would like to ask a question, Mr. Chairman. Here is a man who has done a lot of things, you see, and who is sensitive to the fact that there is a power stronger than his, or stronger than he is, and he has seen, apparently, the effect of drugs upon the lives of young men in this institution, and others, and he has seen and talked with them. Now, with your background, and particularly from your viewpoint, from the viewpoint of your experience now in this Addicts Anonymous, and having in mind your talking with those youngsters who told you how they got into this terrible situation, I will ask you this question: What direction can you give us — and I ask this prayerfully, because you are a man who does some praying, so that we can stop these youngsters from going to hell — what would you suggest is the answer, the modus operandi that Government should use to stop this ? You know how they get the drugs; you know a lot of those things. We are asking for no names, but we are asking only for guidance that you can give your Government in this case, and thus help the youngsters of tomorrow so that they do not become enslaved with this thing. The Witness: I just don't believe that I could answer that question, because I just don't know what the answer would be. Senator Wiley: Have you no suggestion as to how to stop the distribution of these drugs, how to meet the impact of those who deal in it? The Witness. Well, the only way that it could be stopped would be to stop the source of supply, and how that could be done I would not know."[130]

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1951

DATE	EVENT
June 12, 1951	***The following excerpt is from testimony given by a 44 year old pharmacist who is a patient at the US Public Health Service Hospital in Lexington, KY.*** Testimony of Mr. _____ Drug Addict "Mr. Moser: What is your name? The Witness: My name is _____ Mr. Moser: And what is your age? The Witness: My nearest birthday is 44. Mr, Moser: Forty-four? The Witness: Yes. Mr. Moser: You are a pharmacist by trade? The Witness: That is correct. Mr. Moser: How did you become addicted, in the first place? The Witness: I attributed my addiction more or less to the result of alcoholism. Mr. Moser: And you turned to morphine as a substitute for it; is that correct? The Witness: I used morphine in order to relieve the hangover from alcoholic sprees.

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1951

DATE	EVENT
June 12, 1951	Mr. Moser: How long have you been addicted? The Witness: Since 1932. Mr. Moser: And each time that you have gone back, has it been as a relief from alcoholism? The Witness: Each relapse has been preceded by the use of alcohol; yes, sir. Mr. Moser: How many times have you been here? The Witness: This is my eleventh admission here. Mr. Moser, Your eleventh admission? The Witness: Yes, sir. Mr. Moser: Have you been off before that — I mean, in between, have you been off sometimes, or do you only go off when you come here? The Witness: You mean, would I remain abstinent for a period of time? Mr. Moser: Yes. Have you ever kicked the habit yourself? The Witness: Oh, yes, sir. Mr. Moser: You have kicked it sometimes, but not with great success, I gather? The Witness: I only remained off just a few days at a time.

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1951

DATE	EVENT
June 12, 1951	Mr. Moser: What is the effect on you when you leave here; when you go out from here, what happens to you? The Witness: You mean how do I feel? Mr. Moser: Yes. The Witness: Well, at an extreme tension, when I first leave. Mr. Moser: You are under extreme tension? The Witness: Yes, sir. Mr. Moser: Does that make you want alcohol? The Witness: Well, I would not go so far as to say that that induces the need for alcohol, but I have a feeling of self-consciousness and tenseness… Mr. Moser: Are you a member of Addicts Anonymous? The Witness: I am, sir; yes, sir. Mr. Moser: Has it been of any help to you? The Witness: A great deal of help, sir. Mr. Moser: Can you tell us in your own words how it helps you? The Witness: Well, the primary aim of the AA program is spiritual. The driving force behind it is spiritual, and it is a

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DATE	EVENT
June 12, 1951	recognition of the fact that you are an ill man. This is the way it has affected me, that I am an ill man, and that I had had the advantage of the very best medical attention known to the medical profession, to no avail. I came to the realization that I had to depend upon something besides outside help, and I turned to what we speak of in the AA as the higher power or a greater power, commonly referred to as God, and through prayer and meditation and asking Him for help, it has been a good deal of comfort to me…"[131] ***The following excerpt is from testimony given by a man named Harvey from Chicago who is a patient at the US Public Health Service Hospital in Lexington, KY.*** "Senator Wiley: Are you getting good treatment here? The Witness: Yes, I am. Senator Wiley: And you are going to handle the proposition; you have got a good mind, and you, can handle it. Do you belong to Addicts Anonymous? The Witness: Yes, I have been down to their meetings. I am not an active member. Senator Wiley: Well, you had better go down. They have the only answer, apparently, for some of you. The Witness: Thank you."[132]

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1951

DATE	EVENT
June 12, 1951	***The following excerpt is from testimony given by a 20 year old woman named Jeanne from Cincinnati who is a patient at the US Public Health Service Hospital in Lexington, KY.*** "Senator Wiley: In view of the devastation that you have seen, and the effect upon our youth, would you be willing — or let me ask you first, do you go to this Addicts Anonymous group? The Witness: Yes. Senator Wiley: Well, now, you have got a lot of natural ability. I have been observing you. You have been in the show business, and you know that there are a lot of folks who have made mistakes, and then have turned around and done a tremendous job for poor humanity, and I know of no greater need right now than to have a lesson taught to the youth, as you have said. Did you ever think that perhaps for the part of your life that has been misspent that you could from here on in do a tremendous job for the youth of this country? The Witness: Yes, but I don't know in what way I could do it, except if I ever saw anybody using it to tell them about it. Senator Wiley: Well, you were in the show business, weren't you? The Witness: Yes. Senator Wiley: Well, I don't know anything about your confinement here, but if you can, through the training that you get and the treatment you get here, together with a grasp of what they are teaching in Addicts Anonymous, if you can use that, you can have a virtual rebirth. I have seen it. I have seen it in lives that have been recast and have become tremendously useful citizens, who left the dead, they buried the dead, and they go forth to do something. You do a little thinking on that.

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DATE	EVENT
June 12, 1951	The Witness: All right. Mr. Moser: Thank you very much. We appreciate your help."[133] --- ***The following excerpt is from testimony given by a 37 year old man named George from Cincinnati who is a patient at the US Public Health Service Hospital in Lexington, KY.*** "Mr. Moser: Have you had any dealings with Addicts Anonymous? The Witness: Yes, sir; when I was here before. Mr. Moser: What is your reaction to that? The Witness: I think it is a very good thing. It is a very good thing. Mr. Moser: For you? The Witness: It was for me, yes, sir; but I felt that I didn't need it any more when I came back, so I didn't go back into it again."[134] --- ***The following excerpt is from testimony given by a 32 year old male doctor from New Orleans who is a patient at the US Public Health Service Hospital in Lexington, KY.*** "Mr. Moser: Will you tell us your personal mental reaction to the two trips you have had here? Tell us about your first trip.

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DATE	EVENT
June 12, 1951	The Witness: Well, the first trip I had here, I was not uncooperative, and I caused no trouble here at the institution, but I was resentful of the fact that I had ever been addicted to drugs. I could not realize that the thing had happened to me. I did not make, any particular effort to make friends, and I did not try to get all of the benefits that this hospital offered me. I did not try to make friends. I shunned everyone. I thought everyone was beneath me. I had the opportunity, but I did not join the AA group. I was asked to join that, and I figured that my own will power was sufficient, that I could pull out of it myself. I actually left here with the same attitude that I had when I came; the same chip on my shoulder, I had that when I left… Mr. Moser: Now, you are a member of AA; aren't you, here? The Witness: Yes; I am. Mr. Moser: Do you want to tell us what your reaction to this group is? The Witness: Well, it is — we are not a religious group in any sense of the meaning. We try to realize that there is a higher power than ourselves that can help us. We first have to come to the realization that we have been powerless when it came to drugs; and, as the thing says, our lives become unmanageable and we have to look to a higher power. I believe I realized this concept when I was here before — I mean, if I had realized this concept when I was here before, that I would not be back now. We do not believe in any particular religious creed, but each man believes in God, as he sees Him, and he believes that by depending on God he can stay off drugs. It is the same principle as Alcoholics Anonymous. We follow very closely their precepts. Mr. Moser: You told me yesterday that you think addicts have a tendency to blame other people for their addiction, and

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1951

DATE	EVENT
June 12, 1951	that is one of the things that AA overcomes? The Witness: It teaches us that it was our own eccentricities and our own selfishness that is the basis for anyone taking drugs. Occasionally a person can become medically addicted and it is not his fault, and you can blame physicians occasionally for not putting them through the withdrawal properly…[135]
June 26, 1951	 UNNAMED WITNESS "I thought I was the one who could get away with it," the doctor said. **United States Senate** **Special Committee to Investigate Organized Crime in Interstate Commerce** Room 318, Senate Office Building Washington, D.C. Senator Herbert R. O'Conor (chairman) presiding. Present: Senators O'Conor, Kefauver, and Wiley *The following excerpt is from testimony given by a 32 year old male surgeon from New Orleans who is a voluntary patient at the US Public Health Service Hospital in Lexington, KY. This is his second time at Lexington. The testimony is televised. This doctor testified on June 12, 1951 at a hearing of the Special Committee to Investigate Organized Crime in Interstate Commerce held at the US Public Health Service Hospital in Lexington, KY.* The Chairman: With that in mind, what would be your best judgment as to whether you should or should not be televised, and what are your wishes in that respect? Dr.: Well, Senator, when I left Lexington to come up here yesterday, several of the patients asked me why would I come up here and make a spectacle of myself or what would I gain from it. My answer to this is that I am not here trying to be a spectacle nor do I have anything to gain from it

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DATE	EVENT
June 26, 1951	other than to, if there is anything that I might say which will prevent any other person from taking narcotics and getting involved as I did, I am more than willing to do it… The Chairman: What was your attitude at the time of the admission and thereafter? Dr.: Well, my attitude was bad. I happened to be taking the type of drug that caused marked nervous symptoms and caused me to be antagonistic. I threshed around, blaming everyone but myself. I blamed my friends for my situation, my environment, not realizing I was the cause of the addiction my own self; that I was the cause. When I got to Lexington and was withdrawn from the drug, still I had the antagonistic attitude. I didn't try to make friends, didn't try to get what the institution offered. I left there with a chip still on my shoulder and went back out. The Chairman: Now, upon your discharge or release from Lexington, did you feel you were cured? Dr.: Senator, I can't say that I did think so. The Chairman: You were not convinced? Dr.: In the back of my mind there was that fear of narcotics. It stayed there. If I could have gotten rid of the fear that I was going to take narcotics, I wouldn't have taken them… The Chairman: Doctor, upon your readmission to Lexington, was your attitude similar to that on your first admission or otherwise? Dr.: No, sir. I think that my attitude has been entirely different. I have gone up to Lexington with the idea that it was for my good, that I would cooperate to my best extent and I would try to take all the institution gave me. I might say that my trip there has been very pleasant this time, everyone has been very nice to me, I have had no trouble

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DATE	EVENT
June 26, 1951	with any of the personnel or any of the custodial force. I might say here at this point that I think that the hospital, Dr. Vogel, and his staff do a splendid job. I can't conceive of any better set-up than they have at Lexington. The Chairman: Do you think that with your present attitude there has been betterment in your case and that you have been helped? Dr.: Yes, sir, I certainly do. Because when I went back to Lexington this time, I was introduced to the Addicts Anonymous group. The Chairman: What is that? Dr.: As all of you gentlemen are familiar with Alcoholics Anonymous, I need not tell you what that is. The Addicts Anonymous group… Senator Wiley: We are familiar with the name. Dr.: You are familiar with the name. We pattern all our precepts after Alcoholics Anonymous, and we give them all precedents. It is just an informal group, a group of drug addicts, that are banded together to try to help each other. We believe that we have a program that if a man will follow when he leaves that institution, that he can stay off drugs. People ask me do I think that I am cured when I leave there. This is my answer to the cure. No man who ever takes drugs or alcohol is ever cured. The case is arrested; that is all. By following that AA program, the steps of the AA program, I believe a man has his best chance. The Chairman: Do you feel that an individual can, if he adheres to those principles, control himself?

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DATE	EVENT
June 26, 1951	Dr.: Yes, sir; I certainly do. The principle of our program is, our method of staying off drugs, is to help other people who are on drugs, and by doing so we can maintain our own health and sanity because, as far as I am concerned, anyone who takes narcotics is temporarily insane… Senator Wiley: One other subject was brought up that recalled to me my visit to Lexington when you spoke of the Addicts Anonymous. I really got a real kick or pick-up when I heard you men talk about that, because several of you mentioned the fact that it was like Alcoholics Anonymous where millions of men had found their way out of the depths, and it was said there that the first rule was that I of my own self can do nothing, but with God's help all things are possible. Dr.: That is right. Senator Wiley: That is the first rule you men learn, and it is with that strength that comes from that guidance that you really arrive out of the depths; is that so ? Dr.: That is true. I might say here, if you all will let me say this much, that I have always been exposed to the church all my life but I can't say that up until just a few months ago that I had any real thought about what God was or what God could do for us, and it has only been since my last admission that I have really come to accept God, and in the words of the AA group I have to accept God as I see him, not as someone else sees him; but I have come to realize that there is a God, and if we put a faith and dependence on him and turn a little more to the spiritual side, I believe more people could get away from this Frankenstein, this taking of drugs. Senator Wiley: Thank you, Doctor.[136] --- Exhibit No. 3 of Hearings Before The Special Committee To Investigate Organized Crime in Interstate Commerce – Narcotics. May 29, June 7, 12, 26, AND 27, 1951. Exhibit No. 3 – Document entitled "The Proposed 'Dope Must Go' Program of the South Side Community Committee

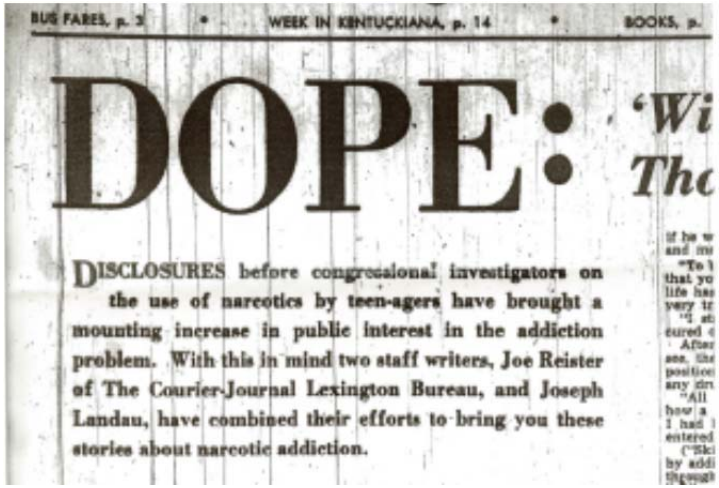
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1951

DATE	EVENT
June 26, 1951	(7) Objective No. 3 — clinical program The Citizens' Dope Committee has established the proposed informational clinic – which has been of aid to citizens and to crime provention and law-enforcement agencies as well; Realizing the need for a local treatment program, the Committee has made representation to the Mayor, Police Department, Health Department, Crime Prevention Bureau and others to formulate a local medical treatment service. To date plans have developed through the impetus of this Committee for the use of the hospital building at 3411 S. Hamlin in Chicago, the establishment of a treatment facility in the County Jail, and the use of 50 – 100 beds at the Federal Hospital at Galesburg, Illinois, for the treatment of addicts. The Southside Community Committee through its Citizens' Dope Committee has been instrumental in getting youthful addicts treated at Lexington, Kentucky at the County Jail, and in other facilities. Now the Southside Community Committee is establishing its own Consultation Clinic for the rehabilitation of youth who return from treatment centers after taking the cure. This service consists of a mental hygiene unit that involves personal as well as vocational counseling administered by clergymen, physicians, lawyers, social workers, psychologists, and lay citizens; a job referral service administered by the facilities of the Southside Community Committee itself; and a recreational program developed by the various Operating Committees of the Southside Community Committee. The development of a unit of "AA" — addicts anonymous — will be part of this readjustment program. Volunteer probation workers and court representatives will make up part of the personnel of this service. An informational and counseling – job will be carried on with the family of the returning youth in order to facilitate and stabilize readjustment.[137]
June 26, 1951	The Baltimore Sun reported on Senate testimony about the narcotic problem, which featured a mother of a 16 year old addict. Testimony was heard from a surgeon, "a 32-year-old southerner who once taught in a medical school…Harried by overwork and an abscessed leg, he took Demerol, a synthetic drug. Just like everyone else who starts it, I thought I was the one who could get away with it – escape addiction, he said. First it was an occasional injection. Then he became regular.

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DATE	EVENT
June 26, 1951	One night, not too long afterward, I woke up at 4 A.M. I was in a cold sweat. My face was twitching. Thinking it was the abscessed leg, he called another doctor, who administered a sedative. I relaxed. Then, for the first time I realized I was addicted. He tried to cure himself. Then he went to the Lexington hospital. But I carried a chip on my shoulder. I blamed my wife, my work, my environment – everything and everybody but myself – for my condition. The cure was transient. He was soon back on drugs and barbiturates. Now he is back as a patient in the Federal hospital. This time, however, it is different, he told the committee. A changed attitude, a belief in God, and Addicts Anonymous have put him over the hump, he declared. Addicts Anonymous is an organization patterned after Alcoholics Anonymous. He said, however, that he is not cured. No case is every cured it's just arrested."[138]
June 27, 1951	**This article appeared in the Chicago Tribune and covers the Senate testimony reported in The Baltimore Sun the previous day.** Physician Addict Testifies: "A physician addict who voluntarily went on television to awaken the nation to the danger of drugs and plead for support of his addicts anonymous (sic), modeled after Alcoholics Anonymous."[139]
July 8, 1951	**Addicts Anonymous reference from *The Courier Journal Lexington Bureau* article "Dope: Withdrawal from Narcotics, is Hell, Just Plain Hell, That's All. It's The First Shot That Gets You":** Front page article notes group of 60-70 women attending Addicts Anonymous meetings in Lexington Narcotics Farm[140]  BUS FARES, p. 3 • WEEK IN KENTUCKIANA, p. 14 • BOOKS, p. DOPE: 'Wi The DISCLOSURES before congressional investigators on the use of narcotics by teen-agers have brought a mounting increase in public interest in the addiction problem. With this in mind two staff writers, Joe Reister of The Courier-Journal Lexington Bureau, and Joseph Landau, have combined their efforts to bring you these stories about narcotic addiction.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1951

DATE	EVENT
August 1951	**The following is from the interim report "The Menace of Narcotics to the Children of New York: A Plan to Eradicate the Evil," prepared by James R. Dumpson for the Committee on Use of Narcotics Among Teen-Age Youth; Welfare Council of New York City:** "Since its inception, the Council's Committee has received inquiries concerning the appropriate use of Narcotics Anonymous. Many questions were asked about Narcotics Anonymous as originally conceived at the Lexington Hospital and Narcotics Anonymous as it moves into an incorporated group here in New York. A subcommittee was set up to review the present program of Narcotics Anonymous in New York City and to submit a statement concerning its appropriateness as a treatment resource. The report of the subcommittee was approved by the committee on June 22, 1951, and is included as appendix C of this report. An augmented continuing subcommittee will explore means of developing the Narcotics Anonymous program which will have value for the teen-age addict." p. 18 – 19 "Appendix C Statement on Services of the New York City Chapter of Narcotics Anonymous The Committee on the Use of Narcotics Among Teen-Age Youth of the Welfare Council of New York City has included in its charge the responsibility of recommending the type of facilities, services, and community resources needed for th treatment of teen-age drug users and addicts. Every potential treatment resource is being explored. For several months, the Committee has received inquiries concerning Narcotics Anonymous. Agencies asked whether, in the judgment of the Committee, N.A. represents a real resource for teen-age drug addicts and users and, if so, under what conditions it should be used. In an effort to determine what place Narcotics Anonymous has in the community plan to meet the narcotics problem and also to provide some answers to questions raised by member agencies and individuals concerning the group, the Committee on Narcotics requested a group of its members, in consultation with such other persons as seemed appropriate, to review the present program of Narcotics Anonymous in New York City and to submit a statement of evaluation concerning it.

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1951

DATE	EVENT
August 1951	The facts used in the subcommittee's evaluation were secured from the discussion at the annual meeting of the New City Chapter of Narcotics Anonymous held on April 26, 1951; from review of the N.A. publication, 'Our Way of Life,' and the joint thinking of members of the subcommittee and consultants who have been in close contact with the group's work. It should be emphasized that no attempt is made here to evaluate the underlying philosophy or conceptual base of Narcotics Anonymous. Rather, this statement is geared, primarily, to the New York Chapter of Narcotics Anonymous as presently set up and operating in relation to teen-age youth. <u>Orientation</u> Narcotics Anonymous was established at the United States Public Health Service Hospital at Lexington, Ky. by a group of narcotic drug addicts who attempted to use Alcoholics Anonymous as part of a self-helping process and had found that A.A. could not meet their needs. As described in the pamphlet, 'Our Way of Life,' 'Narcotics Anonymous is an informal society of former addicts who aim to help fellow sufferers recover with their help.' Through group association, N.A. is designed to assist the addict in abstaining from the use of narcotic drugs. It attempts to demonstrate to the addict, who is considered to be emotionally ill, how to get well. Treatment is described as 'a directed way of life that many have profited by, and they devote much of their spare time to passing their idea of recovery on to others.' The core of the technique is described as spiritual but not religious. 'Twelve Steps' are set forth as a program of recovery in addition to the interpretive and supportive function of the group of former addicts. 1. The N.A. Chapter has recently been incorporated under the Membership Corporation Laws of the State of New York. At this point, the group is still in the interim stage in which the original incorporators act as directors until a definite organization pattern is set up. The incorporators are: Daniel Carlsen, Executive Director; Miss Ann Husted; Sidney Schmuckler; Don Robinson; Burton Lindheim; Barbara Doyle, Secretary; and Major Dorothy Berry, Treasurer. By-Laws have been drafted but not accepted. There are no funds available for carrying out the program. Office space for 'Danny' who started the group in New York City and who is described as 'Narcotics Anonymous in New York City,' is given by the Salvation Army (Prison Bureau) at 133 West 14th Street. He receives money for telephone calls and carfare from contributions made by the group and interested friends. These funds are handled by Major Berry of the Salvation Army.

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DATE	EVENT
August 1951	2. The chapter, through 'Danny' and a small group of former addicts, is attempting to carry out the program. 3. Services rendered include an interpretation by 'Danny' of services available at Lexington based on his numerous experiences there; completing arrangements for the individual's admission to Lexington and frequently supporting the boy and his family in their decision to use Lexington for treatment. No attempt is made to become involved in family relationships of the boy. One agency worker reported that a group of 21 teen-age users were assembled for discussion led by 'Danny,' who was successful in getting six of these boys to go to Lexington. Continued meetings with this group stopped because of pressures on 'Danny's' time for talks, visits, and the many demands made on him. Except for cases that are already active in any agency, decision to refer the boy to Lexington is made without medical consultation. N.A. does not, at this time, have any service for teen-agers who have been discharged from Lexington, nor does N.A. accept anyone in the group who has not been through a treatment program in a hospital and who does not remain off drugs. 4. Referrals for service are made directly to 'Danny' by anyone. He can be reached at the Salvation Army daily from 1 to 3 P.M., or a message can be left for him. <u>Summary</u> After considerable discussion of experiences recounted by the workers who have direct contact with N.A. in New York City, and a consideration of the program as presently operated, the group agreed on the following: 1. Narcotics Anonymous has no service at this time that may be considered valid for the teen-ager who may be described as a casual user. 2. Narcotics Anonymous as presently set up, in a limited manner, due to lack of administrative structure, staff and

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DATE	EVENT
August 1951	finances, has some value for the adult addict. For those who have been through a recognized program of treatment and need identification with a group and the strength of its support in abstaining from the use of drugs, it provides an auxiliary service in follow-up treatment. For those needing treatment it provides an opportunity for establishing contact with the addict, interpreting the situation and need for treatment in a way that is meaningful to the addict, and in arranging for care at Lexington, particularly for those individuals who withdrew completely from contact with other community resources. 3. Narcotics Anonymous, as conceived, under proper supervision with appropriately trained staff, could have a proper function with teen-agers involved in the use of narcotics. It must be recognized, however, that there are serious potential dangers in introducing teen-agers to former addicts for any kind of guidance and supportive help, however laudable may be the motivation of the former addicts' desire to help. In addition, such groups may provide further opportunities for the infiltration of pushers and sellers among teen-agers. Approved by the Committee on the Use of Narcotics Among Teen-Age Youth on June 22, 1951."[141] p. 33-35
August 5, 1951	**The following is from Addicts Anonymous! A story in the *Chicago Tribune* by Norma Lee Browning:** "Addicts Anonymous, a group spearheaded by a minister-addict at the Lexington narcotic farm, offers the brightest hope yet for America's rapidly multiplying drug addicts. The group was patterned after Alcoholics Anonymous in the desperate hope that A.A. principles would do as much for drug addicts as they have for alcoholics. It operates on a 24 hour basis, and like alcoholics, the addicts' basic creed is mutual and self help. Until A.A. came along, the drug addict was considered incurable by most authorities… …Altho (sic) still in its infancy, the group has increased its membership at the Lexington narcotic farm, generally known as Narco, from 50 to 200 in the men's wards; and more than half of the 175 women addicts at Narco are A.A.'s… …Scores of patients have been influenced by Addicts Anonymous to bide their full treatment period. One patient, a former medical laboratory technician, has had 35 so-called cures in 22 years. This is his seventh hitch at Lexington. He joined A.A. skeptically. 'I thought it was a lot of bushwa' he said. 'I don't go for sweetness and light, but I got so desperate I was ready to try anything.' He became one of A.A.'s best workers, and in one week kept four volunteer

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DATE	EVENT
August 5, 1951	patients from checking out against medical advice. 'That made me feel better than anything else I can remember in 22 years,' he said. He thinks his A.A. cure – his 36th one – will stick. Scores of Addicts Anonymous told similar stories. Harry H., son of a mayor, started drinking in college, soon graduated to the harmless pickup shot of drugs to sober him up, and finally wound up with long stretches in jails or hospitals. 'Every time I got out, I was back hitting the dope within 24 hours,' he said. 'I've joined A.A. and for the last three months, I haven't even had any desire for a shot… A Chicago lawyer had been in and out of hospitals for 15 years, spent thousands of dollars for 50 cures, none of which stuck more than 30 days. He had been at Narco eight times, five as a prisoner for forging prescriptions, three as a volunteer. On his eighth hitch he tried Addicts Anonymous – as his last resort. He was a charter member. Today he's been off drugs almost two years – his longest period of abstinence since he first started using them…30 days off dope was my record before I joined A.A. and I figure I've got a better start on a permanent cure now than I ever had before…



ADDICTS ANONYMOUS!

NEW Hope for Narcotic Victims May Be Found in Self-Help Group Started by Minister Who Became Innocent Slave of Habit

By NORMA LEE BROWNING

DANNY, a 21-year-old kid from Brooklyn, sat belligerently thru the A. A. meeting. When it broke up, he said, "Nuts!" and headed for the quickest exit. The gang cornered him.

"Look, kid," one of them said, "stick it out 24 hours. That's all we're asking."

"Yeah? What do I get out of it?" Danny asked sullenly.

"What'd you ever get out of junk?" they shot back.

"Plenty," said Danny. "I got a car, a trip to Florida, and the kind of dough I never had before."

An old-timer laid a hand on Danny's arm. "You wanta be a hophead all your life like the rest of us?" he asked. "Some day when your dough's all gone, you'll wish you'd listened tonight."

Three months later, Danny still hadn't walked out on the United States Public Health Service hospital near Lexington, Ky.,—thanks to Addicts Anonymous, the answer to an dealing with dope addicts he has known only three who were cured permanently.

Even the addicts themselves say if A. A. doesn't work, nothing will.

Altho still in its infancy, the group has increased its membership at the Lexington narcotic farm, generally known as Narco, from 50 to 200 in the men's wards; and more than half of the 175 women addicts at Narco are A. A.'s.

* * *

One of their most important projects is to persuade volunteer patients in the Lexington hospital to stay for the full four to six months of their treatment period. Chances for a permanent hospital cure are 100 per cent better if the addict can stay off drugs six months, but volunteer patients—like Danny—can't be held against their will, and too often even the best intentioned addict gives up his fight for a cure and goes back to the needle.

"So many addicts these days are mere youngsters . . ." Girl (right), caught in Chicago narcotic raid, enters patrol wagon.

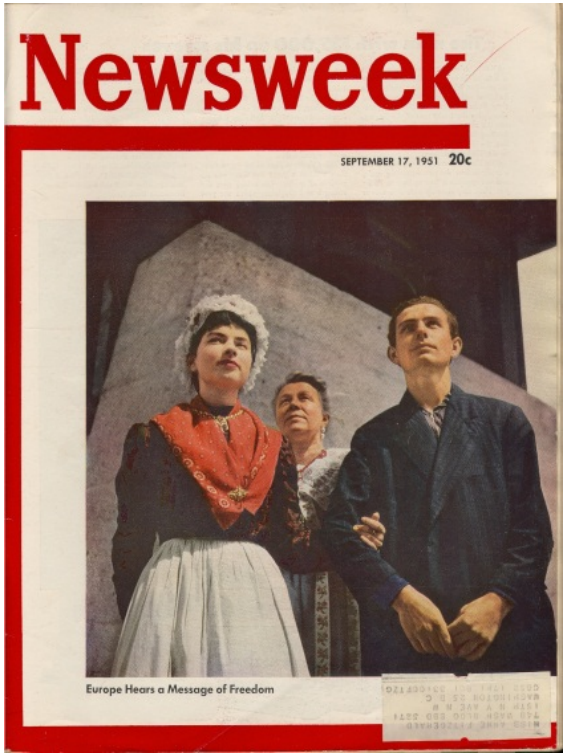
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DATE	EVENT
August 5, 1951	…Addicts Anonymous is still too new – it was organized only three years ago – to test final results. An addict isn't considered cured until he has been off drugs five years. But with nothing more than the improved mental attitude it has given many addicts, A.A. already has chalked up a good enough record to predict an even more hopeful future when the movement becomes nationwide… …The young minister who got the group going is now spreading the A.A. gospel to civic organizations and religious meetings in the south… …The minister belonged to that small minority of accidental addicts. He was hospitalized for months with asthma, dosed legitimately with drugs, and upon discharge discovered to his own astonishment that he was hooked. He placed himself behind bars at Lexington for three weeks. The cure lasted until the day of his next asthma attack. His next trip to Lexington was as a federal prisoner – sentenced for forging prescriptions… …Members of Alcoholics Anonymous in Frankfort, Ky., had already been going to Narco to work with addicts. The minister later became enthusiastic and helped the Frankfort alcoholics to organize the addicts into a group… …The addicts have one obstacle to hurdle that is greater than any faced by Alcoholics Anonymous. This is public opinion. Whether to organize Addicts Anonymous groups thruout (sic) the country as independent units, separate from Alcoholics Anonymous, is one of the big problems confronting Lexington members. Any group meeting addicts, they say, is bound to incur a risk with narcotic officers, most of who regard all junkies as underworld fringe and hopelessly incurable. However, there is one small but successful Addicts Anonymous group in New York and another, now in the process of organization, in Chicago launched under the aegis of Harland F. Gilbert and Miss Jessie Binford of the Juvenile Protective association…She is convinced, tho (sic), that an Addicts Anonymous group in Chicago could provide one answer to the growing problem of drug addiction… …Many reformed addicts are being absorbed into Alcoholics Anonymous all over the nation, thanks to Frankfort and Louisville, Ky., members who initiated the program at the narcotic farm and urged other chapters to give addicts a cordial reception… …A.A. members from New York to California, from Maine to Florida, correspond with Lexington's Addicts Anonymous,

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DATE	EVENT
August 5, 1951	offering to sponsor discharged addicts and help them find jobs. Six women addicts and twice as many men have been placed in jobs in Louisville thru A.A. Discharged A.A.'s have remained loyal to the hospital group. Office files are bulging with letters of encouragement from ex-addicts who haven't yet had a kick-back… …It may be a shot in the dark, but so far neither medical science nor law enforcement agencies have come up with anything better. Addicts Anonymous is the one hope that addicts themselves are banking on – which in itself is a milestone. Until now they were the first to agree, 'Once a junkie, always a junkie.'"[142]
September 17, 1951	**The following reference to Addicts Anonymous appears in the *Newsweek* article "The Junk War:"** "In a desperate effort to find inner strength, a number of addicts have formed Addicts Anonymous, patterned after Alcoholics Anonymous, a form of group therapy which, doctors feel, reaches in where medicine fails, and saves many apparently hopeless cases."[143] 

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DATE	EVENT
October 1951	**The following reference to Narcotics Anonymous appears in the *Family Circle* article "The Horror of Dope:"** "Patients and former patients from Lexington have recently started their own group therapy based upon the principles of Alcoholics Anonymous. Narcotics Anonymous now has groups in New York, Chicago, and Los Angeles, and in Vancouver, Canada."[144]



OCTOBER 1951

THE HORROR OF DOPE

By ROBERT V. SELIGER, M.D.
Assistant in Neurology, Johns Hopkins University Medical School

Thousands of teen-agers are buying narcotics from peddlers. This article points out the signs of drug addiction and tells what parents can do

OUR teen-agers are menaced by a danger more deadly than the H bomb. Today the spine-chilling term "drug addict" can be applied to thousands of youngsters. Estimates of 50,000 to 300,000 young victims, living chiefly in our larger cities, suggest a nationwide epidemic; of the 4,000 addicts admitted to the United States Public Health Service Hospital at Lexington, Kentucky, last year, 18% were under 21. *Only six years ago the figure was 3%.*

Angry and frightened, Chicago, New York, Detroit, and Los Angeles are taking stringent law-enforcement measures to cope with the problem.

What makes our teen-agers such easy prey? In the opinion of Dr. Victor H. Vogel, medical officer in charge at Lexington, "They are just pleasure-seeking kids who were following the fashion of the school or the community and tragically found, after using heroin, that they had a wildcat by the tail and couldn't let go. When asked if they would still have experimented with heroin if they had known that they would get hooked, they said, 'Of course not,' and I believe many of them."

HOW DRUG ADDICTION STARTS

DOPE, according to Webster, is "any preparation, as of opium, used to stupefy." Heroin—an opium derivative—can no longer be imported legally into this country because the medical profession found it has no special advantage over morphine, and it offers greater addiction hazards. Heroin must be smuggled into the United States. A white powder, heroin looks as innocent as dried milk, but it takes only 14 days to a month for a user of heroin to turn into an addict.

A drug addict is a person who has developed a dependence upon a drug so that he cannot voluntarily stop taking it. He needs several doses a day to prevent the unbearable suffering he feels when the drug is withdrawn.

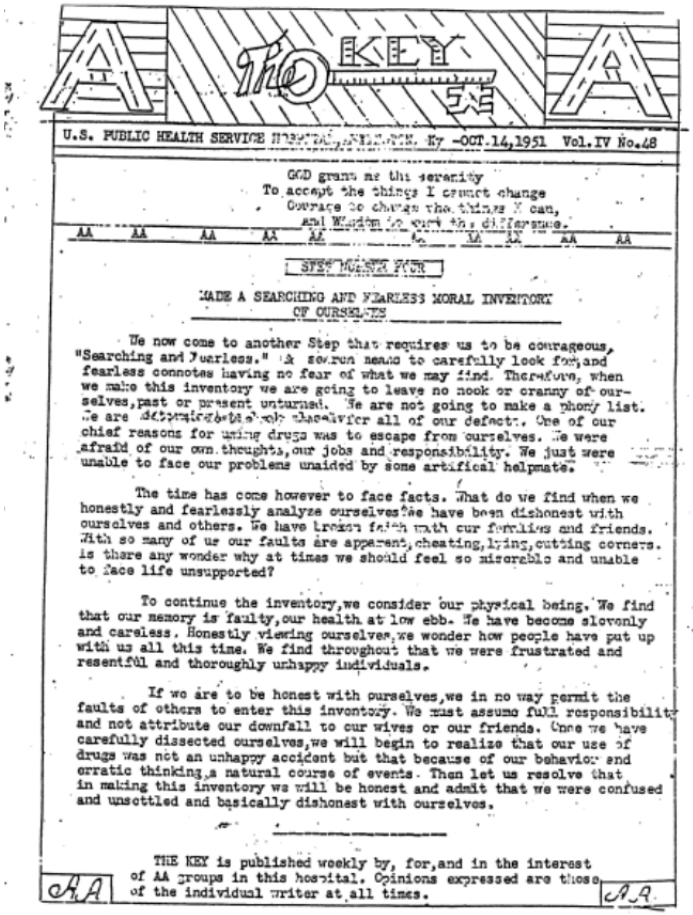
Youthful heroin addicts start with marijuana. They take a drag on a reefer, a marijuana cigarette, because they think they can get away with it. Then they usually want a bigger boot and make themselves fair game for the heroin seller, or pusher. [To page 42]

Read what every parent and teen-ager should know about dope. Page 42

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October 14, 1951	

The following is an excerpt of a letter written to the Addicts Anonymous group and published in The Key from Betty H., Sutherland, M.S.W., Australia:

"I have your letter today saying you are proud of your Australian friends and I wonder if I can play on our friendship a little more and ask a further favor of you. We have a priest over here, who is stationed at one of our biggest hospitals and he has been trying to help drug addicts. I have been passing my copies of The Key on to him and giving away my copies of The Key is a real hardship. Do you think you could spare another copy for Father McK., Lewisham Hospital, Lewsiham? I am so glad that you are having success and the good work that is being done by The Key must be very gratifying to all."[145]

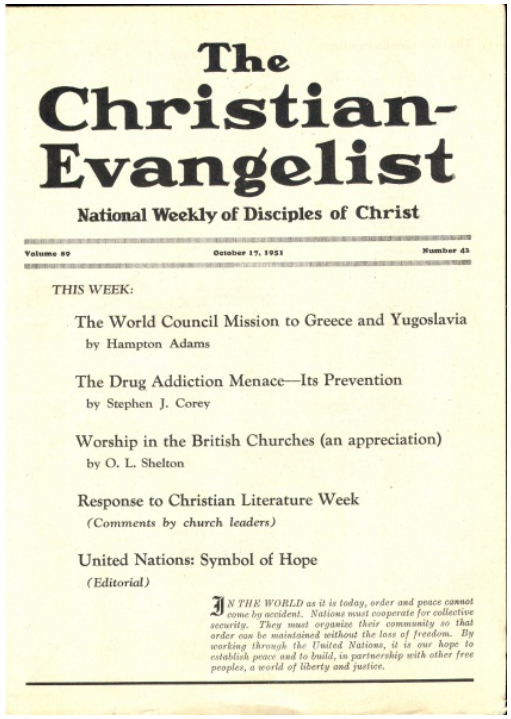
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DATE	EVENT
October 14, 1951	**The following article, "A Real Friend," also appears in the October 14, 1951 issue of the Addicts Anonymous newsletter *The Key*:** "The success of Addicts Anonymous which had its origin here at Lexington has been in recent months rather widely publicized. Former members of this group have gone on to establish records of achievement and personal behavior which have brought about the realization that in the management of addiction, the AA program has a definite place. Those of us who are connected with this group have become vividly aware that there is an answer to the serious question: 'Is there a cure for drug addiction?' We believe deep down in our hearts that AA has that answer. The fine record that many AA members have made began right here in this hospital and the group officers have been told by hospital authorities that with very few exceptions AA members are, and continue to be good patients, presenting no behavior problem and revealing an attitude of trust and confidence in those striving to help them. The fact that so many of them have continued to do well after leaving this hospital is of course responsible for an awakened interest on the part of the public in Addicts Anonymous. For the sake of the record Addicts Anonymous had its origin in the mind of Mr. Houston S. of Frankfort, KY. Houston had been a member of an Alcoholics Anonymous group for many years. He conceived the notion that if the Twelve Step Program, so beneficial to alcoholics were applied to addicts, the results might be gratifying. Houston brought this plan to the attention of the Hospital Authorities here at Lexington. Dr. Victor H. Vogel in sympathy with the idea, approved of the plan and the groundwork for an Addicts Anonymous group within the hospital was started. During recent years, problems of varying nature have arisen and through all the turmoil and confusion inherent in the birth and growth of any group, Houston has constantly advised and worked towards stabilizing the group. In a quiet and retiring manner Mr. S. has encouraged new members, bolstered faltering spirits and kept in close contact with those leaving the hospital, always ready to help solve many difficulties faced by men and women trying to readjust to everyday society.

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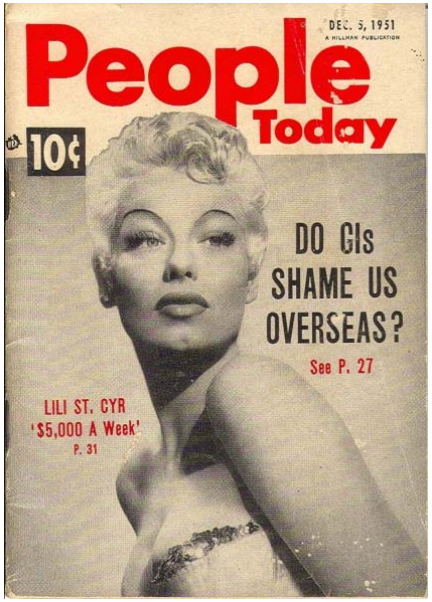
1951

DATE	EVENT
October 14, 1951	He attends every meeting that our group here conducts, traveling at his own expense and on his own time, anxious only to see that AA here continues to flourish and grow. The public does not and probably will never know how much of his time and energy Mr. Houston S. gives to AA here at this hospital. However for all his help and patience and devotion to the cause of AA for the addict, we all thank him deeply and sincerely for to us who are here and those of us who have been here and are now leading decent, fruitful lives in a free world; Addicts Anonymous and Houston S. are synonymous."[146]
October 17, 1951	**The following reference to Addicts Anonymous in *The Christian-Evangelist* article "The Drug Addiction Menace: Prevention Lies in Arousing Public Opinion:"** "The good work of our Addicts Anonymous group is worthy of treatment by itself, on its own merits. It follows the philosophy and the rules of the Alcoholics Anonymous movement. It has quite a long honor roll of those who have gone out and remained cured. The group was organized over four years ago and was the first among drug addicts. Great help has come from visiting Alcoholics Anonymous men and women who have come for many miles to testify of their victory over drink. A number of those who have been members of the group at the hospital and have gone out and stayed cured, have come back to speak at the meetings and encourage the patients by their own victory over addiction. Both the Alcoholics Anonymous and the Addicts Anonymous members place at the center of their convictions and work the absolute need of a Higher Power in the cure from either liquor or drug addiction. One of my great joys is in the correspondence I have with those who have gone out permanently cured and who give praise to the hospital and tribute to the faith that is in them."[147]  The Christian-Evangelist National Weekly of Disciples of Christ Volume 89 October 17, 1951 Number 42 THIS WEEK: The World Council Mission to Greece and Yugoslavia by Hampton Adams The Drug Addiction Menace—Its Prevention by Stephen J. Corey Worship in the British Churches (an appreciation) by O. L. Shelton Response to Christian Literature Week (Comments by church leaders) United Nations: Symbol of Hope (Editorial) IN THE WORLD as it is today, order and peace cannot come by accident. Nations must cooperate for collective security. They must organize their community so that order can be maintained without the loss of freedom. By working through the United Nations, it is our hope to establish peace and to build, in partnership with other free peoples, a world of liberty and justice.

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1951

DATE	EVENT
December 5, 1951 **People Today**	**The following article, "People Today Takes You To Narcotics Anonymous," appears in the magazine *People Today*:**



"The meeting is on New York's teeming lower East Side, in a room provided free by a Presbyterian-operated center for all faiths. It's a kindergarten classroom – walls hung with brightly-colored drawings by children. Around a table is a group of people so typically average that the People Today reporter thinks he's wandered into a Parent-Teachers meeting by mistake. But there's no mistake. These people are addicts and ex-addicts trying to help and find help, in Narcotics Anonymous. They talk freely, as though no outsider listens. Here is what they say:

Janice Speaks: I've been waiting six weeks now to get into the Federal Hospital in Lexington for the cure. I know it's overcrowded and there should be more hospitals, but I don't think about whether it's fair or unfair about having to wait. All I know is I've got to hold on till I get in. It's my problem and I'm selfish about it. I pile a day full of work and pile into bed in the evening.


ONCE A REGISTERED NURSE, JANICE IS WAITING FOR 11TH 'CURE'

Sunday was terrible. I had to pin myself in bed. I had a yen a yard wide and a mile long. I wanted to fill myself with junk. All I had to do was get up and walk one block and get anything I wanted in 15 minutes. There was nothing to stop me but myself. You know what hell's like when you're trying to go off the stuff. Chills, sneezing, eye-running, then the terrible pains in all the joints, even in some joints I didn't know I had. Some people vomit, but I don't. Then I got the twitches and jerks. It felt as if I was being torn apart. I just laid there and died. But I beat that day.

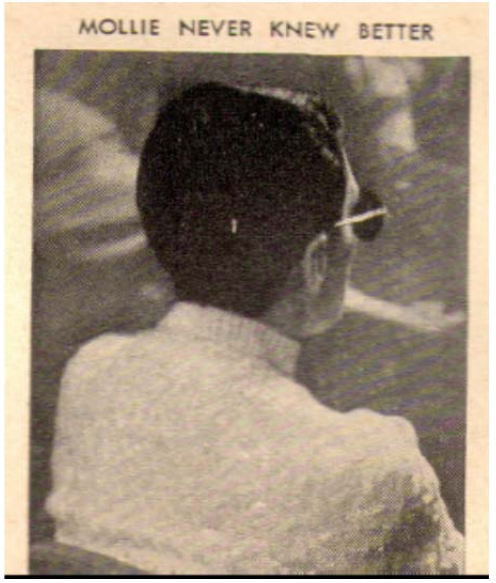
I was a nurse when I got on the junk. It was a long time ago and I had lots of cures since. Once I was off 7 years but I went back on again. Why? Because they can't

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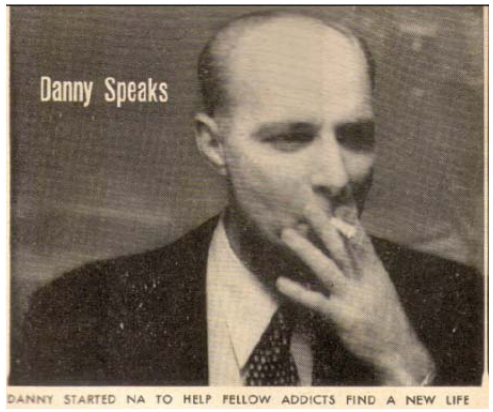
DATE	EVENT
December 5, 1951 **People Today**	cure you. They can only take you off physically, not mentally. Outside the Salvation Army there's no social or welfare agency that really tries to help an addict stay of. But here we can help ourselves. Charlie Speaks: When I was sixty years old I had an operation on a lung and when I came out I had to take morphine injections on account of the pain. The doctor showed my wife how to use the needle on me, and wherever we went she had to carry the instrument. Then I found that I couldn't stop.  CHARLIE'S 68—HIS TRAGIC ADDICTION CAME LATE IN HIS LIFE It was a burden. It ate up everything I had. Here I was in my old age, a retired businessman. I had my own home. Everything went. Now I live in an apartment for less than $30 a month. I was taking 3 grains a day, then I came down to 1 ½ all by myself. It wasn't easy. One day I went to the doctor and told him 'I want to give up,' to give me a substitute. He said there was no substitute, only the hospital in Lexington. I applied to the Sub-Treasury building for an application to commit myself but they didn't bother with that. They sent me right down without waiting. On the train I carried 4 or 5 1/2-grain tablet in my pocket. I was out in 3 months and I never took drugs after the first cure. I had 2 operations, serious ones, but I couldn't have drugs for the pain. Otherwise I'd go back on again. You can't be too careful. Once in a while I have a disturbance. Then all of a sudden I'm back in Lexington reliving the experience. That helps.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1951

DATE	EVENT
December 5, 1951 **People Today**	Phil Speaks: (In deference to his wishes PEOPLE TODAY doesn't show his photo. Phil is 23, slender, looks like a scholar.) 'I got started the usual way on reefers when I was 16. After a while I needed a bigger bang so I went to other stuff. When I was 20, I graduated to heroin. My family is pretty prominent and it would be terrible if anyone found out. I took the cure at Lexington. It's pretty tough because they're so crowded. Over 20% down there are voluntary. The rest are committed after they're arrested.' 'The Jewish Board of Guardians helped me when I got out. They gave me a scholarship, gave me money when I was down and out, even got me a psychoanalyst.' Mollie Speaks: 'I used the stuff for over thirty years. I had a million cures but they never did me any good. Then I talked to Danny Carlsen and he made me feel as if I had a friend. Now I've got ambition, I want to do something worth while.'   LUCY COVERS FACE SO SHE WON'T BE RECOGNIZED ON JOB 'Before I met Danny all I knew was that society had some kind of charges against me. That's what they told me in court every time they arrested me. They said what I was doing was wrong but they didn't explain why it was wrong. All they did was sentence me. If they cared enough about me to teach me what was wrong I'd have been off the stuff years ago. Danny cared enough to teach me. He's been through it himself so he knows. Now at least I try to live like a normal person. I even make plans.' Lucy Speaks: 'It's awful. I don't even remember how I first got started. I couldn't live right or do anything. But none of my friends knew what was wrong. Lucky I got cured in time and heard about Narcotics Anonymous to help me stay cured. I never committed any crimes, but if it went on I would've done anything to get the stuff.'

1951

DATE	EVENT
December 5, 1951 **People Today**	Danny Speaks: 'When I was 16 I had a bad ear so they gave me morphine. It gave me a kick and the next thing I knew I was an addict. I hit bottom, became a 'boots and shoe addict,' even sold my clothes to get junk. I lied, stole, cheated to get the stuff, was in and out of jail.' 'I learned this: Addiction's like a disease you can't cure. But you can learn to control it. That's why I started Narcotics Anonymous. We begin where the physical cure ends. We know our common problem; we help ourselves by helping each other. Some of us here have even volunteered to have our pictures taken to help drive home the addiction problem. We know we're not criminals or degenerates – but sick people trying to get well. We can't say we're going off junk forever. It won't work. We've got to meet each day as it comes. We can tell ourselves: For today I stay free.' Anna Speaks: 'I was a nurse too, just like Janice. Then I got sick and that's what started me. Lots of doctors and nurses become addicts that way. They get sick or overworked and it's easy for them to get the stuff. They think they can control it but they can't. No one can. Down in Lexington if you call out 'Hey, doc,' many of the people will turn around.' 'Now I'm off it and I pray I'll stay off. I'm almost 60 but I feel as if I've been born again.'[148]  WHITE-HAIRED ANNA IS 58, LOOKS LIKE TYPICAL GRANDMOTHER  DANNY STARTED NA TO HELP FELLOW ADDICTS FIND A NEW LIFE 
1951	Jimmy K corresponds with Danny C.[149]

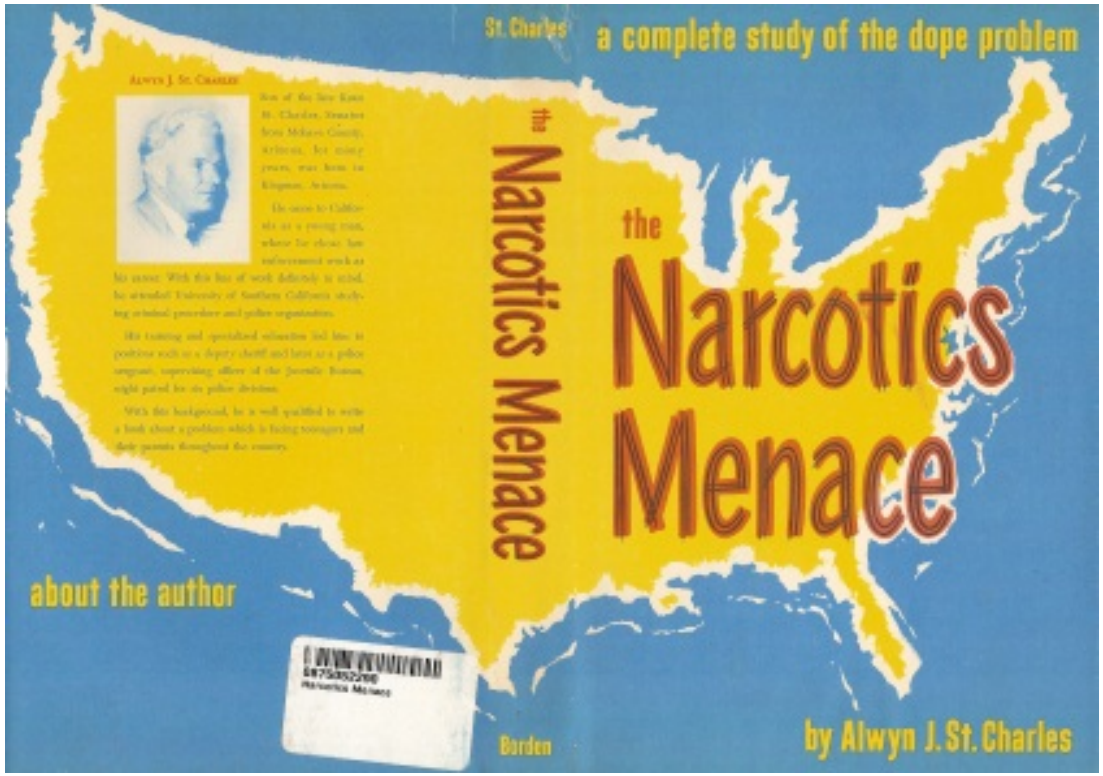
1951

DATE	EVENT
1951 – 1952	Father Dan Egan, a Graymoor Friar, becomes interested in narcotic addiction "when he discovered that a woman he was trying to help was a heroin addict."[150] "She was hooked real bad and was in agony, trying to kick her habit," said Father Egan. "I canvassed every hospital in town. None would admit her. She was shrugged off as a criminal."[151]



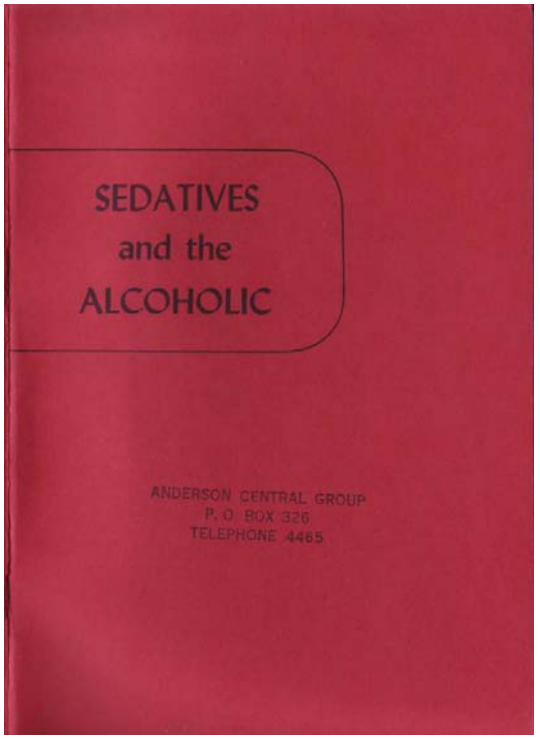
Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1952

DATE	EVENT
Early 1950s	Group of addicts meet in Terminal Island Penitentiary[152]
1952	**The following is reported in the book *The Narcotic Menace* by Alwyn J. St. Charles:**  "In Los Angeles an aroused and militant group of civic-minded women have organized a campaign for the establishment in California of a Narcotics hospital to rescue teenagers from drug addiction. Activity of this group…A meeting was held in Los Angeles recently by this group, to which all interested persons were invited to attend. The meeting was a big success. And a nucleus committee was appointed to from a permanent organization to begin the drive for a State-supported narcotics hospital to care for teenage drug addicts…Attending the meeting were two members of the Los Angeles group of NA (narcotics anonymous), also known as AA (addicts anonymous), an organization founded at the Narcotics hospital in Lexington, Kentucky. They were cured of their addiction and offered themselves as living proof of the fact that given proper treatment dope addicts can be healed."[153]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1952

DATE	EVENT
1952	**The Alcoholics Anonymous General Service Headquarters World Directory lists the Habit Forming Drugs Group of AA in Los Angeles:** "H.F.D. Group – Betty T., 2822 Cambridge St., Apt. 403 (Parkway 6943)" Membership is listed at 14. Contributions are listed at $4.00[154]
1952	**Alcoholics Anonymous publishes *Sedatives and the Alcoholic*.** The key, sometimes contradictory, points in these early pamphlets (1948 and 1952) were that: • The alcoholic has a "special susceptibility to habit-forming drugs of all types" (1952, p. 18). • Pills often lead to a resumption of drinking and loss of sobriety. • A "pill jag" should be considered a slip. • "The problems of the pill-taker are the same as those of the alcoholic" (1948, p. 8). • Pill-takers are often psychopathic personalities, and AA members should only concern themselves with the "disease of alcoholism" (1948, p.9). • AA members should refrain from administering sedatives as part of their 12-Step work—a not uncommon practice during this period.[155] 

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1952

DATE	EVENT
1952	A January 5, 1955 *Cleveland Plain Dealer* article, "15 Dope Addicts Form Narcotics Anonymous," reports a similar group disbanded three years ago after its members conceded it to be a failure. The article indicates that this similar group was organized "spontaneously by the members without professional help."[156]
February 27, 1952	**The *New York Times* reports that the second anniversary of Narcotics Anonymous, Inc. is celebrated:** "The second anniversary of Narcotics Anonymous, Inc., will be celebrated with a special meeting at the Labor Temple, 242 East Fourteenth Street, at 8 P.M. today. Former narcotic addicts will tell how they overcame the habit."[157]
February 28, 1952	**The *New York Times* reports on the second anniversary of Narcotics Anonymous:** "The second anniversary of the formation of Narcotics Anonymous was celebrated last night at the Labor Temple, 242 East Fourteenth Street. The founder and executive director of the group, a former addict known to fellow-members as Danny, stressed the danger of the widespread increase in narcotics addiction. Other members told how they had overcome addiction."[158]
April 26, 1952	**The following is from the Salvation Army publication *The War Cry*:** "as told to Sr.-Capt. Katherine Ruud by Sr.-Major Dorothy Berry When a few days ago Narcotics Anonymous held its second anniversary meeting in New York City, no one listened to its members' stories with more understanding than Senior-Major Dorothy Berry, secretary of the Eastern Territory's Women's Prisons Bureau. The Major's interest in the meeting was twofold: as one of the group's advisors and as a Salvationist-friend of some of its women members. As the accounts of daily victory in the fight against drug addiction ended, Miss X. was among those greeting the Major. X., well-educated and from a good family, became a drug addict in her teens. She was serving a sentence in a state institution when she first sought Major Berry's advice and help. Released, she knew the day by day struggle of all who wish sincerely to break the habit. When problems seemed overwhelming, and the craving for drugs most severe, the Major was always accessible with encouragement and practical help and friendship. Now there are five victorious, drug-free years to show and a place creditably filled in the community. Chatting with the Major, X. said gravely: 'It couldn't be

DATE	EVENT
April 26, 1952	done if God were not helping me daily!' Except for background, Miss Y's experience had been almost identical. Y. was from a slum neighborhood, her livelihood originally from city streets. She, too, had been a teen-age addict, serving a long prison sentence when visited by Major Berry. At first in need of help every step of the way, Y. now has been free of the habit for six years and is a respected member of a community church. Most of Major Berry's friends at the meeting had become addicts in their teens, some in neighborhood groups or at school. Among the others was Mrs. Z., whose addiction followed the prescribed use of pain-killing drugs during an illness. Falling unwittingly into a narcotic agent's trap set for a neighborhood resulted in Mrs. Z's long term of imprisonment, with its tragic effect on her grown family. Helping Mrs. Z's children to lift their heads and resume their accustomed places in the neighborhood…**(missing section)**…the turn of the century. Said a Salvation Army officer at that time: 'With drug addicts…the victim (is) very difficult to deal with.' Good, nourishing food and regular living were part of the method of restoration. When well enough, 'a regular occupation helped to combat depression, as well as bright, cheerful surrounding, music, special meetings. But far above other 'cures' (was) the power of salvation.' The first appointment of a retired Australian officer included work in the '90's' for opium addicts on the streets of Sydney. And so around the world, wherever Salvation Army officers were at work. And so today, using all that scientific progress can offer, but in the same loving spirit and with the same basic faith, Salvationists are in the fight against the evil which in recent years has increased and spread alarmingly. 'To every one known drug addict, there are ten or fifteen unknown,' says one expert. The problems confronting an addict anxious to reform and those willing to aid the reformation are endless. Apart from the addicts released to Major Berry's care in court, or through prison visitation, it is a work of 'hidden statistics,' in the Major's phrase. The initial steps are usually oblique, sometimes furtive. 'They are loath to come,' says the Major, 'and more often than not come to us by word of mouth. Their words are likely to be: 'If you could help her, you can help me.''

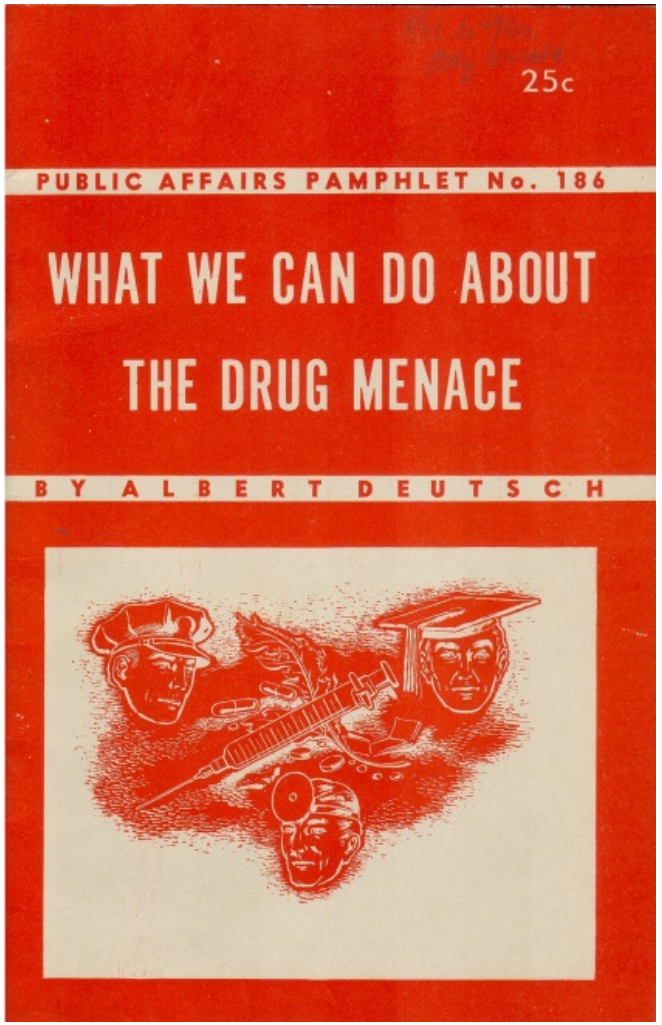
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1952

DATE	EVENT
April 26, 1952	When voluntary entrance to the Federal Hospital for Narcotics in Lexington, Ky., is indicated, Salvation Army officers in Cincinnati, O., and in Kentucky will meet the addict at the train, standing by with help and advice until formalities are completed. Released, those already helped by Salvationists turn immediately to this assured source of encouragement. Returning to normal society problems vary with the individual. A new neighborhood may be advised, away from former drug-taking associates. Returning to one's family may not always be the wisest thing to do. Because addiction is an illness, finding the right type of employment, geared to the reformed addict's physical limitations, is important…**(missing end)**.[159]
May 1952	**The following article by Mamie J. Meredith, "Addicts Anonymous and Insomniacs Anonymous," appears in *American Speech*:** "Recent addition to the mutual help clubs are 'Addicts Anonymous' and 'Insomniacs Anonymous.' The first has grown out of the effort to help the large number of narcotic addicts. The Lincoln (Nebraska) *State Journal*, February 4, 1951, told of the new organization, which borrowed its name from Alcoholics Anonymous, founded in 1934. Said the correspondent for the *Journal*: One crying need in narcotics addiction – in adults as well as youngsters – has been some sort of post-institution help. At the moment, there is one small but bright beacon of hope. Called 'Narcotics Anonymous,' it was organized as Addicts Anonymous in the Lexington hospital, where it still is an important help to patients. Results have been impressive both in keeping veteran addicts clean after cures and in persuading younger addicts to commit themselves for cures… …'Alcoholics Anonymous Progeny,' in *American Speech* of December, 1950 (SSV, 315) included Fatties Anonymous and Divorcees Anonymous. 'Narcotics Anonymous' was noted in *American Speech* of May, 1951 (XXVI, 95)."[160]
July 27, 1952	Letter from Jack P. to Bill W. notes request to local Alcoholics Anonymous in N. Hollywood, CA to start a "Narcotics Anonymous" group in the Women's Division of the County Jail. Jack P. notes that the Alcoholics Anonymous volunteers will be doing this outside of Alcoholics Anonymous as private citizens and not as members of Alcoholics Anonymous. The plan is to adapt Alcoholics Anonymous' steps for work with narcotic addicts.[161]

1952

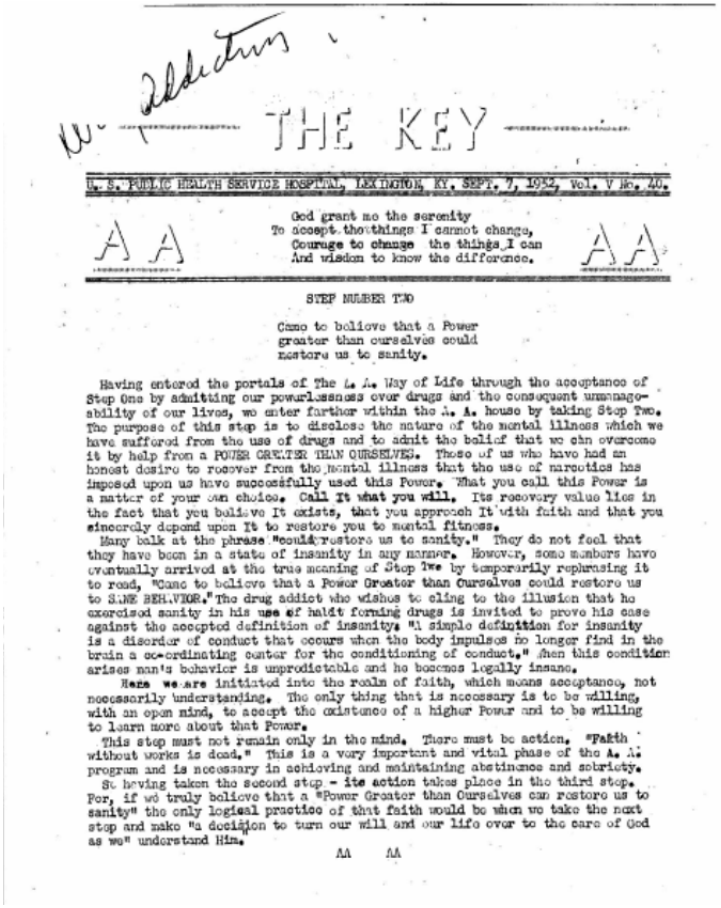
DATE	EVENT
September 1952	"In 1947 an organization patterned after Alcoholics Anonymous was founded by patients of the federal hospital at Lexington. The founders called it Addicts Anonymous, and got help in getting started from members of an Alcoholics Anonymous chapter in a nearby town. The organization has the same basic principles of mutual help in warding off the threat of relapse governing the original AA group, which has scored impressive successes in saving many former alcoholics from falling off the wagon. Chapters of Addicts Anonymous have been established in several large cities. All ex-addicts are welcomed as members. So far, the results have been most promising."[162]



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1952

Date	Event
September 7, 1952	**The following excerpt from the March 24, 1952 Addicts Anonymous meeting is reported in the September 7, 1952 issue of the Addicts Anonymous newsletter *The Key*:** "Luke stated that are very good friend and sponsor, Houston S. of Frankfort A. A., was confined to his home on account of illness and therefore missed the Thursday night meeting as well as this one. We are pulling for Houston and hope and pray that he will soon be able to be with us again."[163]
November 12, 1952	Betty T. references holding only a once-a-month meeting of Habit Forming Drugs group within AA.[164]



Addictions

THE KEY

U. S. PUBLIC HEALTH SERVICE HOSPITAL, LEXINGTON, KY. SEPT. 7, 1952, Vol. V No. 10.

A A

God grant me the serenity
To accept the things I cannot change,
Courage to change the things I can
And wisdom to know the difference.

A A

STEP NUMBER TWO

Came to believe that a Power
greater than ourselves could
restore us to sanity.

Having entered the portals of The A. A. Way of Life through the acceptance of Step One by admitting our powerlessness over drugs and the consequent unmanageability of our lives, we enter farther within the A. A. house by taking Step Two. The purpose of this step is to disclose the nature of the mental illness which we have suffered from the use of drugs and to admit the belief that we can overcome it by help from a POWER GREATER THAN OURSELVES. Those of us who have had an honest desire to recover from the mental illness that the use of narcotics has imposed upon us have successfully used this Power. What you call this Power is a matter of your own choice. Call it what you will. Its recovery value lies in the fact that you believe it exists, that you approach it with faith and that you sincerely depend upon it to restore you to mental fitness.

Many balk at the phrase "could restore us to sanity." They do not feel that they have been in a state of insanity in any manner. However, some members have eventually arrived at the true meaning of Step Two by temporarily rephrasing it to read, "Came to believe that a Power Greater than Ourselves could restore us to SANE BEHAVIOR." The drug addict who wishes to cling to the illusion that he exercised sanity in his use of habit forming drugs is invited to prove his case against the accepted definition of insanity. "A simple definition for insanity is a disorder of conduct that occurs when the body impulses no longer find in the brain a co-ordinating center for the conditioning of conduct." When this condition arises man's behavior is unpredictable and he becomes legally insane.

Here we are initiated into the realm of faith, which means acceptance, not necessarily understanding. The only thing that is necessary is to be willing, with an open mind, to accept the existence of a higher Power and to be willing to learn more about that Power.

This step must not remain only in the mind. There must be action. "Faith without works is dead." This is a very important and vital phase of the A. A. program and is necessary in achieving and maintaining abstinence and sobriety.

So having taken the second step - its action takes place in the third step. For, if we truly believe that a "Power Greater than Ourselves can restore us to sanity" the only logical practice of that faith would be when we take the next step and make "a decision to turn our will and our life over to the care of God as we" understand Him.

AA AA

1	**Related to today's NA**	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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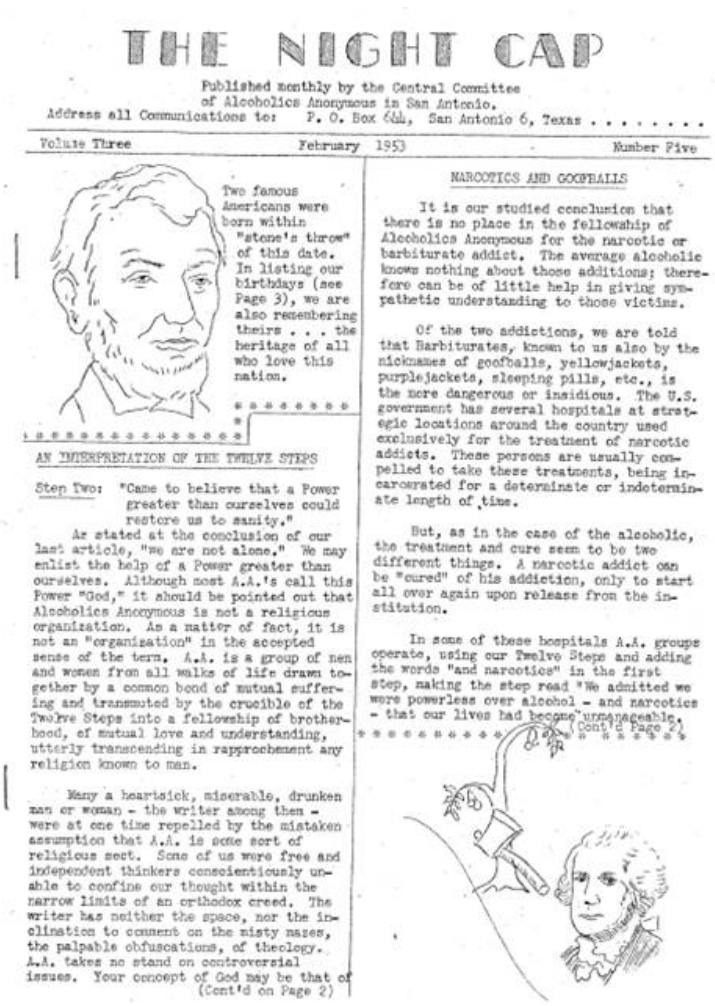
1952

DATE	EVENT
1952 – 1953	**While the exact dates are unknown, Bob Stone reports in *My Years With Narcotics Anonymous* the following occurring sometime in 1952 and/or 1953:** "Eddie recalls that the addict meeting started because the AA meetings in Burbank and North Hollywood were tired of people talking about other drugs. As Eddie remembers it, he heard that Gil von H. was going to get some people together at his house to talk about their drug addiction. When Eddie decided he would go, he invited Jimmy who went along. There he, Jimmy, Gil, Pat H., Steve R. and others began to meet. Thereafter, for some weeks, they met in Gil's home in Pacoima (near its border with Sun Valley) once a week for an Addicts Anonymous/Alcoholics Anonymous meeting. 'They just felt the need to meet and talk more openly about things beyond alcohol; they didn't set out to really start something new like another fellowship,' Eddie recalled. Eddie said they had been meeting for awhile before they learned that Doris and Frank had just opened a meeting for addicts in a small building on Clybourn Avenue, not much more than a mile from where they were meeting at Gil's home. Rather than having two things going, they joined Doris and Frank's meeting. They met at the same place for about six months, and then the meeting moved. 'The name Narcotics Anonymous came later," he says, "after they discovered AA General Service Office didn't want people using their initials.'"[165]

1953

DATE	EVENT
1953	**The Alcoholics Anonymous General Service Headquarters World Directory lists the Habit Forming Drugs Group of AA in Los Angeles:** "H.F.D. Group – Betty T., 2822 Cambridge St., Apt. 403 (Parkway 6943)" Membership is listed at 20. Contributions are listed at $7.00[166]
February 1953 **The Night Cap**	**The following article, "Narcotics and Goofballs," appeared in *The Night Cap*, the monthly newsletter of the Central Committee of Alcoholics Anonymous in San Antonio, TX. It is later reprinted in the Addicts Anonymous newsletter *The Key*.** "It is our studied conclusion that there is no place in the fellowship of Alcoholics Anonymous for the narcotic or barbiturate addict. The average alcoholic knows nothing about those addictions; therefore can be of little help in giving sympathetic understanding to those victims. Of the two addictions, we are told that Barbiturates, known to us also by the nicknames of goofballs, yellowjackets, purplejackets, sleeping pills, etc., is the more dangerous or insidious. The U.S. government has several hospitals at strategic locations around the country used exclusively for the treatment of narcotic addicts. These persons are usually compelled to take these treatments, being incarcerated for a determinate or indeterminate length of time. But, as in the case of the alcoholic, the treatment and cure seem to be two different things. A narcotic addict can be 'cured' of his addiction, only to start all over again upon release from the institution. In some of these hospitals A.A. groups operate, using our Twelve Steps and adding the words 'and narcotics' in the first step, making the step read 'We admitted we were powerless over alcohol – and narcotics – that our lives had become unmanageable.

1953

DATE	EVENT
February 1953 **The Night Cap**	

THE NIGHT CAP

Published monthly by the Central Committee of Alcoholics Anonymous in San Antonio.
Address all Communications to: P. O. Box 644, San Antonio 6, Texas . . . . . .

Volume Three — February 1953 — Number Five

Two famous Americans were born within "stone's throw" of this date. In listing our birthdays (see Page 3), we are also remembering theirs . . . the heritage of all who love this nation.

* * * * * * * *

AN INTERPRETATION OF THE TWELVE STEPS

Step Two: "Came to believe that a Power greater than ourselves could restore us to sanity."

As stated at the conclusion of our last article, "We are not alone." We may enlist the help of a Power greater than ourselves. Although most A.A.'s call this Power "God," it should be pointed out that Alcoholics Anonymous is not a religious organization. As a matter of fact, it is not an "organization" in the accepted sense of the term. A.A. is a group of men and women from all walks of life drawn together by a common bond of mutual suffering and transmuted by the crucible of the Twelve Steps into a fellowship of brotherhood, of mutual love and understanding, utterly transcending in rapprochement any religion known to man.

Many a heartsick, miserable, drunken man or woman - the writer among them - were at one time repelled by the mistaken assumption that A.A. is some sort of religious sect. Some of us were free and independent thinkers conscientiously unable to confine our thought within the narrow limits of an orthodox creed. The writer has neither the space, nor the inclination to comment on the misty mazes, the palpable obfuscations, of theology. A.A. takes no stand on controversial issues. Your concept of God may be that of

(Cont'd on Page 2)

NARCOTICS AND GOOFBALLS

It is our studied conclusion that there is no place in the fellowship of Alcoholics Anonymous for the narcotic or barbiturate addict. The average alcoholic knows nothing about those additions; therefore can be of little help in giving sympathetic understanding to those victims.

Of the two addictions, we are told that Barbiturates, known to us also by the nicknames of goofballs, yellowjackets, purplejackets, sleeping pills, etc., is the more dangerous or insidious. The U.S. government has several hospitals at strategic locations around the country used exclusively for the treatment of narcotic addicts. These persons are usually compelled to take these treatments, being incarcerated for a determinate or indeterminate length of time.

But, as in the case of the alcoholic, the treatment and cure seem to be two different things. A narcotic addict can be "cured" of his addiction, only to start all over again upon release from the institution.

In some of these hospitals A.A. groups operate, using our Twelve Steps and adding the words "and narcotics" in the first step, making the step read "We admitted we were powerless over alcohol - and narcotics - that our lives had become unmanageable.

(Cont'd Page 2)

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In some of these hospitals A.A. groups operate, using our Twelve Steps and adding the words 'and narcotics' in the first step, making the step read 'We admitted we were powerless over alcohol—and narcotics—that our lives had become unmanageable.'

These A.A. groups are encouraged by the hospital officials because they have shown a tremendous amount of success. And then there is the other fellowship which operates on the basic lines of A.A. which is named Narcotics Anonymous.

Barbiturates have a tendency to build up a 'deposit' in the human system. That is, the system uses only a portion of the pill and a residue is left which may be reactivated by a glass of beer or in other ways and cause the victim to go to sleep at odd times, such as while driving home from work after having had a bottle of beer or a highball.

The victim has every appearance of being drunk and is so accused and convicted in many instances after a traffic mishap. One such case was of a Captain in the U.S. Army who took sleeping pills on the order of his doctor. This captain was in the habit of having a bottle of beer in the afternoon when off duty, before driving his car home. He had an accident one afternoon at 4 o'clock in which another car was damaged. He was permitted to go home,

1953

DATE	EVENT
February 1953 **The Night Cap**	after satisfying the owner of the other car. He had a second accident at about the same time of day in the same block. He was hailed into civil court and fined for drunken driving. Then he had a third accident at about the same time of day in the same block in which three cars were damaged. He subsequently was dishonorably discharged from the Army for habitual drunkenness. Upon his insistence, the Treasury Department investigated that case thoroughly and it was proved beyond a reasonable doubt that the captain had not been drunk; that the one bottle of beer had reactivated the residue of the sleeping pill (or goofball) and caused him to become overpowered with sleep. The very coincidences of time and place were in his favor. There is a moral to this story and it is pointed out thus: 'Lay off the goofballs.' You can join Narcotics Anonymous and arrest your craving for narcotics. But there is no understanding of the goofball user.[167]
March 10, 1953	 **The following excerpt from Wenzell Brown's book *Monkey on My* Back appears in *Look Magazine*:** "…When m interest in the drug traffic was first aroused through Dave Trosser's attempted theft of my typewriter, the only organization which I could find to which the addict had easy access was Narcotics Anonymous, a one-man organization run by a former addict. At least five community centers in Manhattan have tackled the problems of narcotics in their neighborhoods with varying degrees of success. Their approach has been largely educational, but they have also helped boys and girls get to Lexington for treatment and have offered their guidance and, in some cases, psychiatric care after their return. Perhaps the most interesting campaign against drugs was waged by a group of teenagers in the James Weldon Johnson Community Center in Harlem. These youngsters wrote, printed and distributed 30,000 leaflets in English and Spanish, warning children in the area, and their parents, of the dangers of addiction. Unfortunately, however, most of these centers, like Narcotics Anonymous, need money.…"[168]

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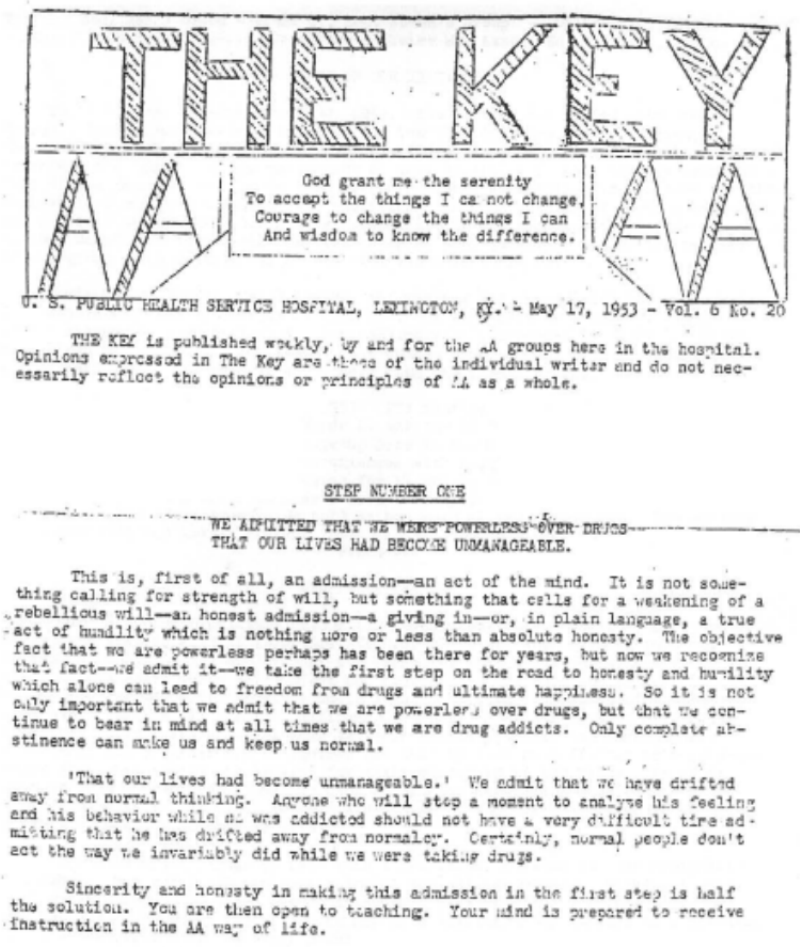
1953

DATE	EVENT
April 1953	Alcoholics Anonymous publishes *Twelve Steps and Twelve Traditions*.[169]
May 1953	**The following excerpt appears in the *American Journal of Medicine* article "Treatment of Drug Addiction," written by Dr. H. F. Fraser and Dr. James A. Grider of the National Institute of Mental Health, Addiction Research Center and the Clinical Division, Public Health Service Hospital, Lexington, KY:** "The above general rehabilitative measures are only supportive. Psychologic treatment directed toward the patient's personality needs is necessary if any permanent success is to be expected. These include participation in "Addict Anonymous" (based on the principles of Alcoholics Anonymous), group psychotherapy and individual psychiatric treatment with a complete follow-up of the patient to his own community. In addition, where specifically indicated, such physical forms of psychiatric treatment as electroshock therapy, insulin shock, lobotomy, etc., may be used provided the severity and specificity of the emotional illness warrants this; but it must be emphasized that these more radical measures are of no value in the treatment of drug addiction per se. Addict Anonymous was first organized by the patients at the Public Health Service Hospital in Lexington, Kentucky. Participation in this program yields a type of mutual support and acceptance that some addicts are able to utilize whereas insight psychotherapy may be unacceptable. It has been the experience of the Lexington Hospital that Addict Anonymous has contributed significantly to better institutional adjustment. Many discharged addicts later identify themselves with their local 'chapter' of Alcoholic or Addict Anonymous. Group therapy has been used in this institution on a trial basis. As with other types of treatment of addiction, the effectiveness of group therapy is difficult to evaluate since follow-up studies to determine the incidence of relapse in any specially treated group as compared to a group given routine treatment are very difficult to carry out. However, mutual discussion of emotional problems and social participation with other patients would seem partially to fulfill some of the obvious needs of the poorly motivated addict."[170] **(Authors note: this article later appears as an exhibit in *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 6 September 23, 27 and 28, 1955. Washington, D.C., p. 2315 – 2321 and in *Hearings before a Subcommittee of the Committee on Ways and Means, House of Representatives, Eighty-Fourth Congress on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines*, November 4, 1955. Lexington, KY, p. 404-411.)**

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1953

DATE	EVENT
May 17, 1953	**The following article appears in the May 17, 1953 issue of the Addicts Anonymous newsletter, *The Key*:** Acceptance In Outside Groups "One of the perennial items for discussion around here concerns the treatment accorded addicts after they leave Narco and approach an outside AA group in the hope of being accepted and of thereby continuing to live the AA way of life. This is a real problem because, as far as we know, groups made up of addicts to drugs (i.e., drugs other than alcohol) only exist in New York (Narcotics Anonymous), in Chicago (Drug Addicts Anonymous), and in Los Angeles (HFD Groups of AA). Therefore, an addict who does not happen to reside in one of these areas, if he is going to attend meetings, must attend meetings of Alcoholics Anonymous groups. And the treatment given the addict by outside groups ranges all the way from happy acceptance (the usual thing) to utter rejection (by a few groups). The writer has no personal experience, having found AA on being admitted to this hospital, but has listened to many varied reports. Betty T. says that in California it is getting to be common for a speaker to say, 'I want to tell you the story of my alcoholism and of my addiction.'



THE KEY

AA

God grant me the serenity
To accept the things I can not change,
Courage to change the things I can
And wisdom to know the difference.

AA

U. S. PUBLIC HEALTH SERVICE HOSPITAL, LEXINGTON, KY. - May 17, 1953 - Vol. 6 No. 20

THE KEY is published weekly, by and for the AA groups here in the hospital. Opinions expressed in The Key are those of the individual writer and do not necessarily reflect the opinions or principles of AA as a whole.

STEP NUMBER ONE

WE ADMITTED THAT WE WERE POWERLESS OVER DRUGS--THAT OUR LIVES HAD BECOME UNMANAGEABLE.

This is, first of all, an admission--an act of the mind. It is not something calling for strength of will, but something that calls for a weakening of a rebellious will--an honest admission--a giving in--or, in plain language, a true act of humility which is nothing more or less than absolute honesty. The objective fact that we are powerless perhaps has been there for years, but now we recognize that fact--we admit it--we take the first step on the road to honesty and humility which alone can lead to freedom from drugs and ultimate happiness. So it is not only important that we admit that we are powerless over drugs, but that we continue to bear in mind at all times that we are drug addicts. Only complete abstinence can make us and keep us normal.

'That our lives had become unmanageable.' We admit that we have drifted away from normal thinking. Anyone who will stop a moment to analyze his feeling and his behavior while he was addicted should not have a very difficult time admitting that he has drifted away from normalcy. Certainly, normal people don't act the way we invariably did while we were taking drugs.

Sincerity and honesty in making this admission in the first step is half the solution. You are then open to teaching. Your mind is prepared to receive instruction in the AA way of life.

1953

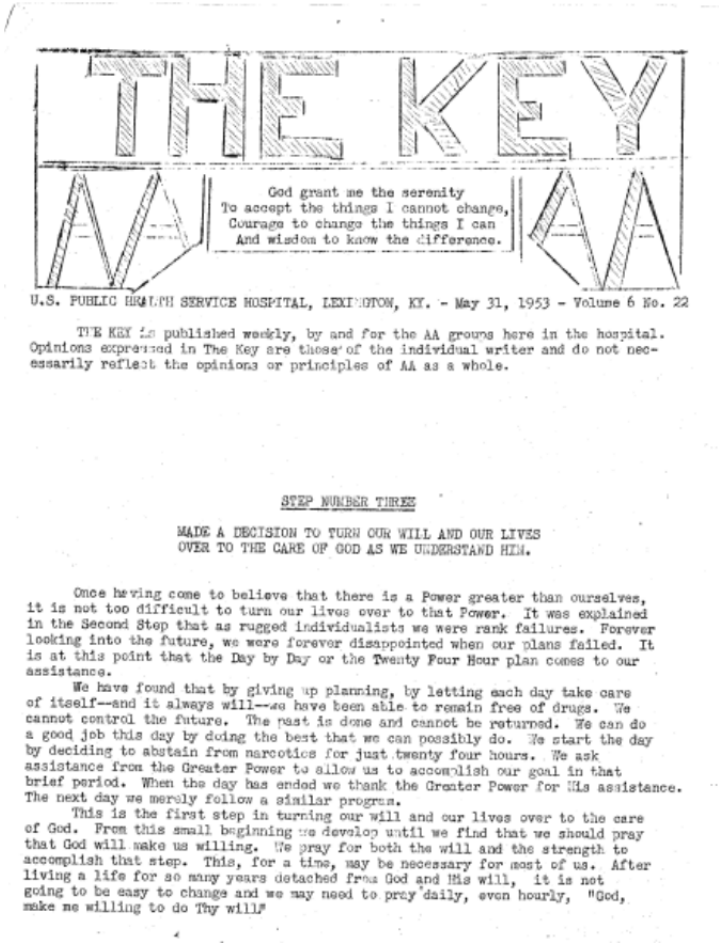
DATE	EVENT
May 17, 1953	While there are differences between addiction to alcohol, addiction to narcotics and addiction to barbiturates, the cause of all three addictions is generally conceded, by authorities on the subject, to be the same. And, just as asthma and hayfever, both a result of allergy, often occur in the same person, so it is not at all unusual to find one person who has suffered more than one of these addictions. Furthermore, we use essentially the same drugs in treating both asthma and hayfever; why is it not logical to use the same methods of treatment in all addictions of so similar a nature? By that as it may, we are all of us here eternally grateful to Alcoholics Anonymous because it was members of their Frankfort group who worked so hard and so long to get our own group going six years ago. The following article is quoted from 'Night Cap', a monthly AA magazine published by the Central Committee of Alcoholics Anonymous of San Antonio, Texas. We believe it demonstrates an unreasoning bias. Please note that the writer's 'studied conclusion' seems to be that addiction to alcohol is much different from addiction to drugs and that he then cites more than one similarity. Please note that some of his 'facts' are incorrect ('several hospitals…for the treatment of narcotic addicts'). Please note too, though, that much of what he says concerns barbiturates, well known as the crutch of many alcoholics, and that he may not mean literally what he says."[171] The article goes on to reprint *The Night Cap* article.
May 17, 1953	It is reported in the May 31, 1953 issue of *The Key* that Mr. Houston S. spoke at the Women's Group on May 17, 1953, sharing "who explained the meaning of the Twelve Steps and his experience with alcoholism which was very interesting."[172]
May 19, 1953	Florabel Muir (Los Angeles Mirror columnist), Lt. John Bigham (Los Angeles Police Department – Narcotics Division) and George R. Davis (Federal Bureau of Narcotics in Los Angeles) spoke to members of the Junior League of Los Angeles. "There has been an increase of 2,000% (1940 – 1950) in addicts based on arrest records…" "Miss Muir believes in stricter law enforcement and is working with Addicts Anonymous, a group working to solve the problem."[173]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1953

DATE	EVENT
May 25, 1953	"For Release Evening Edition Monday 25 May 1953 Psychologist Hold Out Hope To Drug Addicts New York, May 25. 'The time is more than over-ripe for a new approach to the problem of drug addiction,' Dr. Arnold Bernstein, Clinical Psychologist, told a meeting held tonight at the McBurney Branch of the YMCA under the auspices of the National Advisory Council on Narcotics. He expressed the belief that addiction could be controlled if properly treated. 'The addict,' he said, 'first requires medical treatment. The medical withdrawal from the drug must be followed immediately by psychological treatment and vocational rehabilitation. The first six months after withdrawal are the critical ones. But medical treatment without the psychological follow-up has proven quite fruitless.' Likening the present attitude toward drug addicts to these held over a century ago towards the insane Dr. Bernstein point out that, 'One hundred years ago the insane were treated like criminals and bound in chains. Like the issues, the drug addict is a sick person needing medical and psychological care. Drug addiction is a medical problem not a law enforcement problem.' Present at the meeting was Danny Carlsen, founder of Narcotics Anonymous Inc., who supported Dr. Bernstein's declaration that with sufficient funds and modern scientific know-how, the apparently hopeless state existing with regard to the problem of addiction could be reversed. Addiction would soon yield to treatment like the other diseases that medicine has brought under control. The National Advisory Council on Narcotics is devoted to the scientific solution of the narcotic problem. It sponsors Narcotics Anonymous, Inc., which consists of groups of former addicts trying to help each other to help themselves eradicate the drug habit. NACON seeks $60,000 in funds this year to carry on its program of public education and social service to addicts."[174] **(Author's note: The following information about NACON was recently discovered in a 2013 journal article: "Winick provided an overview of the development of treatment and other services in New York City in the 1950s and 1960s. Several activists, he said, created the National Advisory Council on Narcotics that blocked the raiding of NA groups then by enforcement authorities."[175])**

1953

DATE	EVENT
May 31, 1953	

THE KEY

AA

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Courage to change the things I can
And wisdom to know the difference.

U.S. PUBLIC HEALTH SERVICE HOSPITAL, LEXINGTON, KY. - May 31, 1953 - Volume 6 No. 22

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STEP NUMBER THREE

MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTAND HIM.

Once having come to believe that there is a Power greater than ourselves, it is not too difficult to turn our lives over to that Power. It was explained in the Second Step that as rugged individualists we were rank failures. Forever looking into the future, we were forever disappointed when our plans failed. It is at this point that the Day by Day or the Twenty Four Hour plan comes to our assistance.

We have found that by giving up planning, by letting each day take care of itself--and it always will--we have been able to remain free of drugs. We cannot control the future. The past is done and cannot be returned. We can do a good job this day by doing the best that we can possibly do. We start the day by deciding to abstain from narcotics for just twenty four hours. We ask assistance from the Greater Power to allow us to accomplish our goal in that brief period. When the day has ended we thank the Greater Power for His assistance. The next day we merely follow a similar program.

This is the first step in turning our will and our lives over to the care of God. From this small beginning we develop until we find that we should pray that God will make us willing. We pray for both the will and the strength to accomplish that step. This, for a time, may be necessary for most of us. After living a life for so many years detached from God and His will, it is not going to be easy to change and we may need to pray daily, even hourly, "God, make me willing to do Thy will"

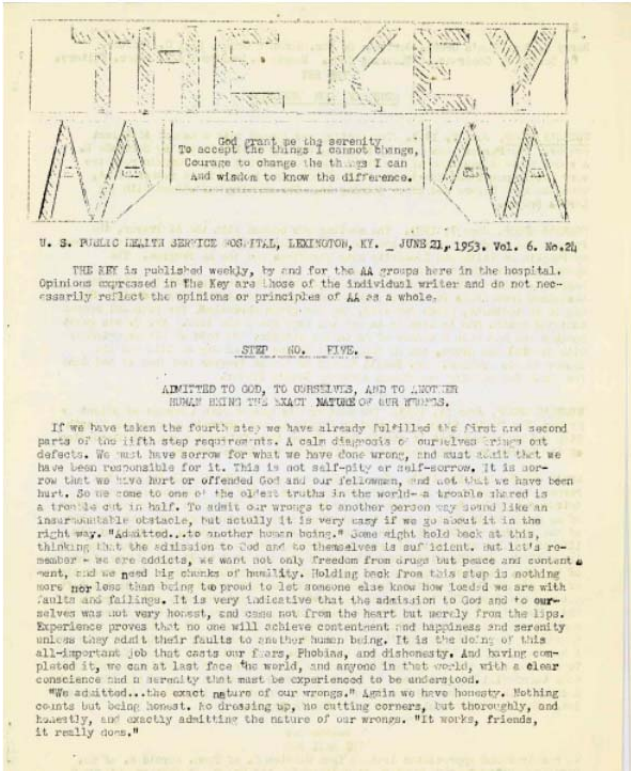
There is a reprint in this issue of *The Key* cited as "Wine Press" that states "Remember who you are where ever you go; you always represent your family, your church, your school, your country, your club, your community, your AA or NA club and most of all, yourself."[176]

1953

DATE		EVENT
May/June	**1953**	AA member Jack P. recounts his involvement in starting a meeting for addicts: "It was about this time that there was a captain in the Sheriff's Department who was in charge of the Narcotics Division who had found that we of A.A. had seemingly done a good job and were doing things that they had never found having been done prior within the institutions as far as relationship of rehabilitation was concerned, and he was concerned about the fact that there was getting to be a greater influx of the narcotic addicts that he came in contact with under his line of business. So he contacted the chief of the Care and Treatment Division under which we were allowed into the jails to ask if he would be able to ask me if there was a chance of doing something of a like kind for the addicts within the institutions. What he talked to me about, and this was in, oh, about May of 1953, as near as I can check back. And we had some discussions about this, and I was very reticent to do anything at all because I'm not an addict and I knew nothing at all about that portion of the addictive field. But he kept insisting that there should be something, he felt, that could be done and that it could be done maybe on the same premise of A.A. that we were doing into the institutions and if I could find a way to start a meeting he would see that some of the addicts that were under his eyes would be there. And so with that little introduction, about the middle of June of 1953, I started a meeting on Moore Park at the church for the addicts, knowing absolutely nothing about it. He had sent three, two people from his jurisdiction who were addicts, own to the meeting, and forced them to come, of course. Two others came in. There were two girls that came from, one was here in Los Angeles, came. A man named Cy Malis came to that first meeting, and we opened it the same as we did with A.A., and the discussion was on the line that all new starting groups have, you know, what is it all about, what am I going to get out of it, what do I have to do, what's it cost, and the whole bit. And as near as I can recall, about the only thing that was discussed was the fact there was not going to be a cost factor. There was not going to be any musts that you must do, any different than there was in A.A., and that perhaps if the 12 Steps were used, changing the word 'alcoholics' to the narcotic addict, that the same principles might work. Cy attended the next meeting, and then for some reason he decided this was not really his cup of tea, and so he didn't come back for the third week, but Jimmy Kinnon did. I had known Jimmy in Alcoholics Anonymous, the North Hollywood group, for quite some time, and we had become very close friends, and I had talked to him about this thing, knowing that he was an addict, and never thought to ask him to come and help. But he showed up, and I stayed with it for eight weeks."[177] **(Author's note: This was recalled in 1986, 33 years after the event. This has not been validated through a second source.)**

1	**Related to today's NA**	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
2	**Early New York NA & New York NA Influences**	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**
1				

1953

DATE	EVENT
June 7, 1953	It is reported in the June 21, 1953 issue of *The Key* that Houston S. spoke at the Women's Group held on June 7, 1953.[178] 
June 11, 1953	It is reported in the June 21, 1953 issue of *The Key* that Houston S. spoke at the Men's Group held on June 11, 1953.[179]
June 21, 1953	It is reported in *The Key* that they have received a letter from Betty T. of California. It is the author's interpretation that this is Betty T. of the Habit Forming Drugs Group of Alcoholics Anonymous who had been at the Narcotic Farm in Lexington.[180]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1953

DATE	EVENT
July 1953	Jimmy K. took over leadership of no-name group in July 1953 • See 1952 annotation above on letter from Jack P. to Bill W.[181] (Author's note: This was recalled in 1986, 33 years after the event. This has not been validated through a second source.)
July 1953	July Issue of *A.A. Grapevine* "The Doctor's View" includes opening letter from wife of an alcoholic praising A.A. but chiding A.A. members who pass out sedatives to help new members ""over the hump"—Followed by article by Dr. Marvin Block on dangers of sedative use; says sedatives have a role in the treatment of alcoholism but that they must be supervised by physicians.[182]
August 17, 1953	The first organizational meeting of what is to become today's Narcotics Anonymous. "A committee of 6 including Gilda K., Paul R., Jimmie (sic) K., Steve R., Frank C. and Doris C. (Frank and Doris share the same last name). get together at 10146 Stagg St. at 8 P.M. for the purpose of organizing an AANA group. The name San Fernando Valley Alcoholics Anonymous and Narcotics Anonymous has been voted on and accepted." • Jimmie (sic) K. is elected Chairman. • Doris C. is elected Secretary • Frank C., Gilda K., Paul R. and Steve R. elected to rotating Committee for Leadership[183]
August 19, 1953	"Second Committee meeting met at 8 P.M. at 10146 Stagg St. for the purpose of continuing drawing up the By-Laws." The following items are defined: • Terms of Office • Duties of Chairman • Duties of Secretary "Any Committee member who is in continual disagreement with the majority voice in committee affairs to the point of departure from the traditional and accepted welfare of the group may be asked to resign from such committee. An (sic) refusal to resign such members may be removed by a majority committee vote.[184]

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3				

1953

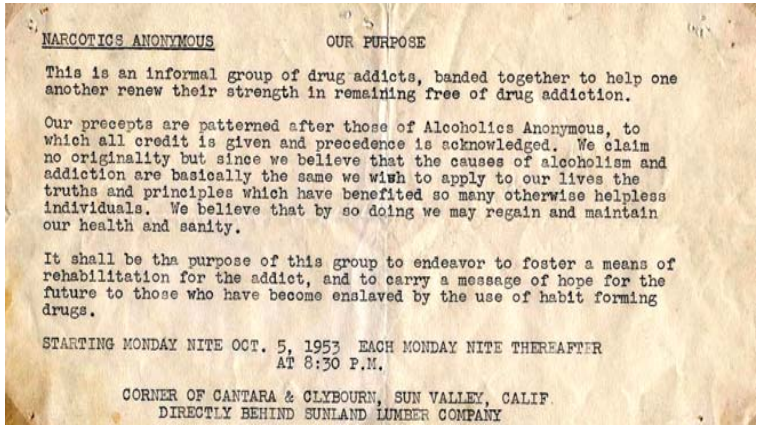
DATE	EVENT
August 24, 1953	"Third Committee met at 8 P.M. at 10146 Stagg St. The Regular Meeting of the group shall be held at 8:30 on every Monday Evening. 1. The Governing Committee will meet the first Wednesday of every month at 8 P.M. In case of holiday the meeting shall fall on the following Wed. 2. Following Tradition Seven it shall be the policy of the San Fernando Valley AANA to make payment for facilities provided. 3. All meetings shall be closed except the first meeting of the month. 4. Speakers must be alcoholics and narcotic addicts or one with both addictions"[185]
August 26, 1953	"The Fourth Committee Meeting held at 8 P.M. at 10146 Stagg St. Resignations of Paul R. and Steve R. have been received and accepted. Replacement on the Governing Committee made this date of Pat H. and Bud C. For Twelve Step work in institutions and hospitals the recovered Narcotic Addict should have one year or more abstinence from narcotics, alcohol + barbiturates and will be screened to protect NA as a whole."[186]
August 31, 1953	"The Fifth Committee Meeting held at 8 P.M. at 10146 Stagg St. Our purpose has been taken from *the Key*."[187]
September 1, 1953	The following is an excerpt from a letter written by Daniel Carlsen to CBS-TV My background is that of a thousand others – I was a drug addict for 25 years. At the age of 16 my foster mother, who was a staff physician in the hospital where we resided, gave me morphine for the relief of pain caused by an abcessed (sic) ear. I liked the feeling the morphine gave me and, after the operation, when the drug was no longer administered, I asked for more, but was refused. I knew where pills were kept, and helped myself to them, not even knowing what narcotics were. That was the beginning of 25 years of abject misery and slavery of the most vicious kind. Many times I sought cures,

1953

DATE	EVENT
September 1, 1953	many times I was hospitalized, but until 5 years ago I was never given the necessary understanding of my condition that enabled me to overcome my condition of addiction. After traveling all over the country, running away from drugs, only to find them again, I finally gave up, completely. I felt completely defeated and hopeless of ever overcoming my problem and tried finally to end my life. I was sent to the United States Public Health Service Hospital in Lexington, Kentucky, where I had been a patient before. But this last time there a 'progress' had been brought to the hospital for patients. It was called 'Addicts Anonymous' and patterned after Alcoholics Anonymous. It was brought to the hospital by a recovered alcoholic who believed it would benefit addicts as well as alcoholics.[188]
September 14, 1953	"The sixth Committee Meeting held at 8 P.M. at 10146 Stagg St. S.F. Valley AANA changed to Narcotics Anonymous."[189]
September 21, 1953	"The Seventh Committee meeting held at 8 P.M. at 10146 Stagg St. Gilda K. voted and accepted to print Our Purpose and contact all newspapers. Doris C. to contact all heads of Narcotics Div. of the Police Depts. Tommy M. to have signs made up. The Salvation Army building's use donated by the Salvation Army and the Dad's Club of Sun Valley accepted as a suitable meeting place. The Dad's Club giving responsibilities to Frank and Doris C. for care of the building and the key."[190]
October 1953	Lynn A., who will later start a NA group on Montreal, gets sober through Alcoholics Anonymous. She stopped using narcotics in March 1953.[191]

1953

DATE	EVENT
October 5, 1953	The first meeting of the new west coast Narcotics Anonymous is held at Cantara & Clyborn Streets in Sun Valley, CA. Twenty-five people attended the meeting. Frank C. was listed as the "leader" of that meeting. $10.23 was collected in the 7th Tradition basket ($81.13 in 2010).[192]



NARCOTICS ANONYMOUS OUR PURPOSE

This is an informal group of drug addicts, banded together to help one another renew their strength in remaining free of drug addiction.

Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence is acknowledged. We claim no originality but since we believe that the causes of alcoholism and addiction are basically the same we wish to apply to our lives the truths and principles which have benefited so many otherwise helpless individuals. We believe that by so doing we may regain and maintain our health and sanity.

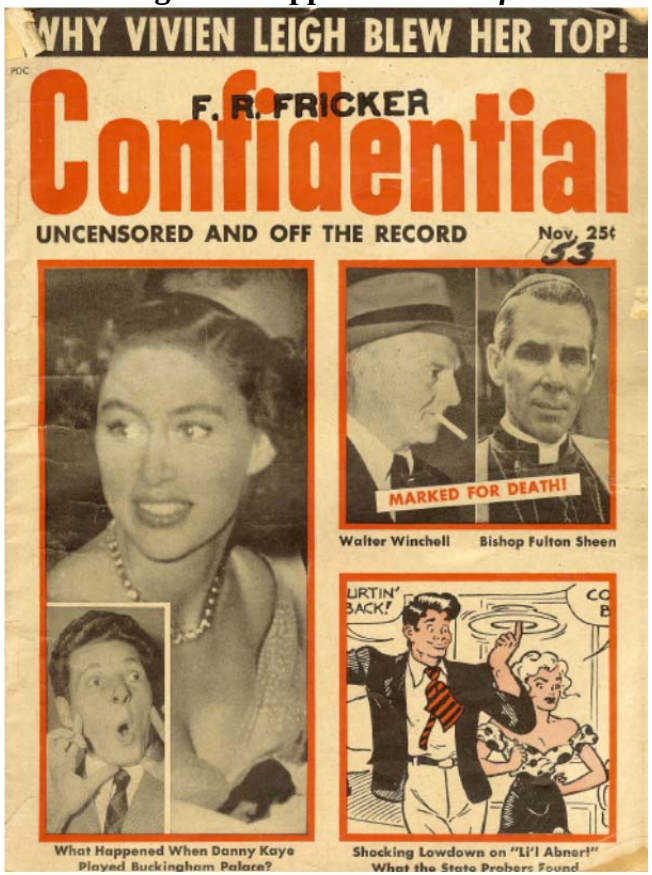
It shall be the purpose of this group to endeavor to foster a means of rehabilitation for the addict, and to carry a message of hope for the future to those who have become enslaved by the use of habit forming drugs.

STARTING MONDAY NITE OCT. 5, 1953 EACH MONDAY NITE THEREAFTER AT 8:30 P.M.

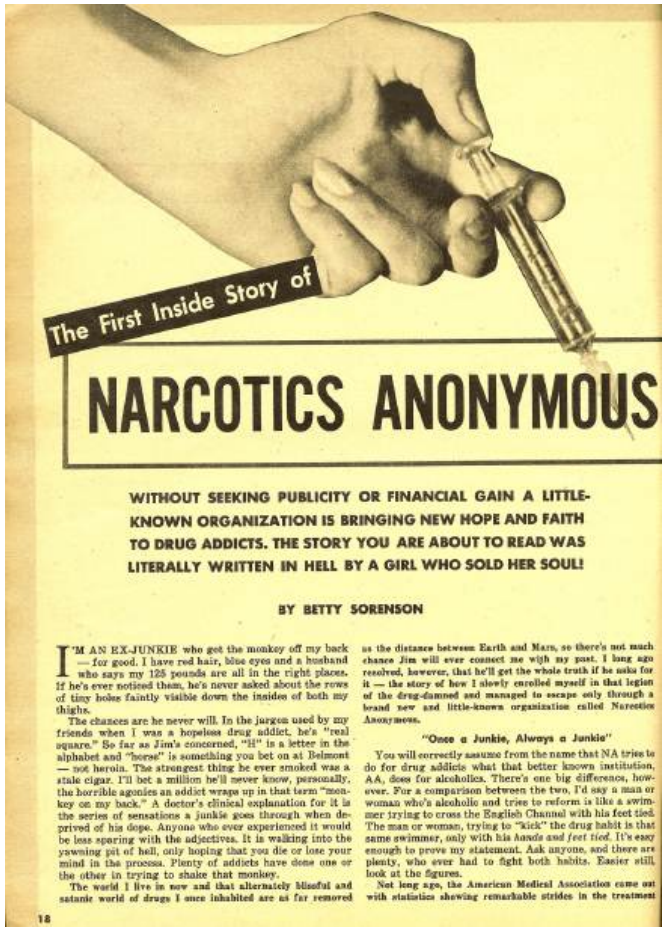
CORNER OF CANTARA & CLYBOURN, SUN VALLEY, CALIF.
DIRECTLY BEHIND SUNLAND LUMBER COMPANY



1953

DATE	EVENT
October 20, 1953	"Danny Carlson (sic), founder of Narcotics Anonymous, will be interviewed on KFI's Second Chance show, 10:15 a.m."[193]
October 24, 1953	"Accepted resignation of Bud C."[194]
November 1953 Confidential	**The following article appeared in *Confidential Magazine*:**  The First Inside Story of Narcotics Anonymous Without Seeking Publicity Or Financial Gain A Little Known Organization Is Bringing New Hope And Faith To Drug Addicts. The Story You Are About To Read Was Literally Written In Hell By A Girl Who Sold Her Soul! "I'm an ex-junkie who got the monkey off my back – for good. I have red hair, blue eyes and a husband who says my 125 pounds are all in the right places. If he's ever noticed them, he's never asked about the rows of tiny holes faintly visible down the insides of both my thighs. The chances are he never will. In the jargon used by my friends when I was a hopeless drug addict, he's 'real square.' So far as Jim's concerned, 'H' is a letter in the alphabet and 'horse' is something you bet on at Belmont – not heroin. The strongest thing he ever smoked was a stale cigar. I'll bet a million he'll never know, personally the horrible agonies an addict wraps up in that 'monkey on my back.' A doctor's clinical expectation for it is a series of sensations a junkie goes through when deprived of his dope. Anyone who ever experienced it would be less sparing with the adjectives. It is walking into the yawning pit of hell, only hoping that you die or

DATE	EVENT
November 1953 Confidential	lose your mind in the process. Plenty of addicts have done one or the other in trying to shake that monkey. The world I live in now and hat alternately blissful and satanic world of drugs I once inhibited are as far removed as the distance between Earth and Mars, so there's not much chance Jim will ever contact me with my past. I long ago resolved, however, that he'll get the whole truth if he asks for it – the story of how I slowly enrolled myself in that legion of the drug-damned and managed to escape only through a brand new and little-known organization called Narcotics Anonymous. Once a Junkie, Always a Junkie You will correctly assume from the name that NA tries to do for drug addicts what that better known institution, AA, does for alcoholics. There's one big difference, however. For a comparison between the two. I'd say a man or woman who's alcoholic and tries to reform is like a swimmer trying to cross the English Channel with his feet tied. The man or woman trying to 'kick' the drug habit is that same swimmer, only with his *hands and feet tied*. It's easy enough to prove my statement. Ask anyone, and there are plenty, who had ever had to fight both habits. Easier still, look at the figures. Not long ago, the American Medical Association came out with statistics showing remarkable strides in the treatment and cure of alcoholism. There is no such heartening report from the Bureau of Narcotics on drug addiction. Authorities at the Lexington, Ky. farm where addicts are sent frankly acknowledge they can't claim better



The First Inside Story of

NARCOTICS ANONYMOUS

WITHOUT SEEKING PUBLICITY OR FINANCIAL GAIN A LITTLE-KNOWN ORGANIZATION IS BRINGING NEW HOPE AND FAITH TO DRUG ADDICTS. THE STORY YOU ARE ABOUT TO READ WAS LITERALLY WRITTEN IN HELL BY A GIRL WHO SOLD HER SOUL!

BY BETTY SORENSON

I'M AN EX-JUNKIE who got the monkey off my back — for good. I have red hair, blue eyes and a husband who says my 125 pounds are all in the right places. If he's ever noticed them, he's never asked about the rows of tiny holes faintly visible down the insides of both my thighs.

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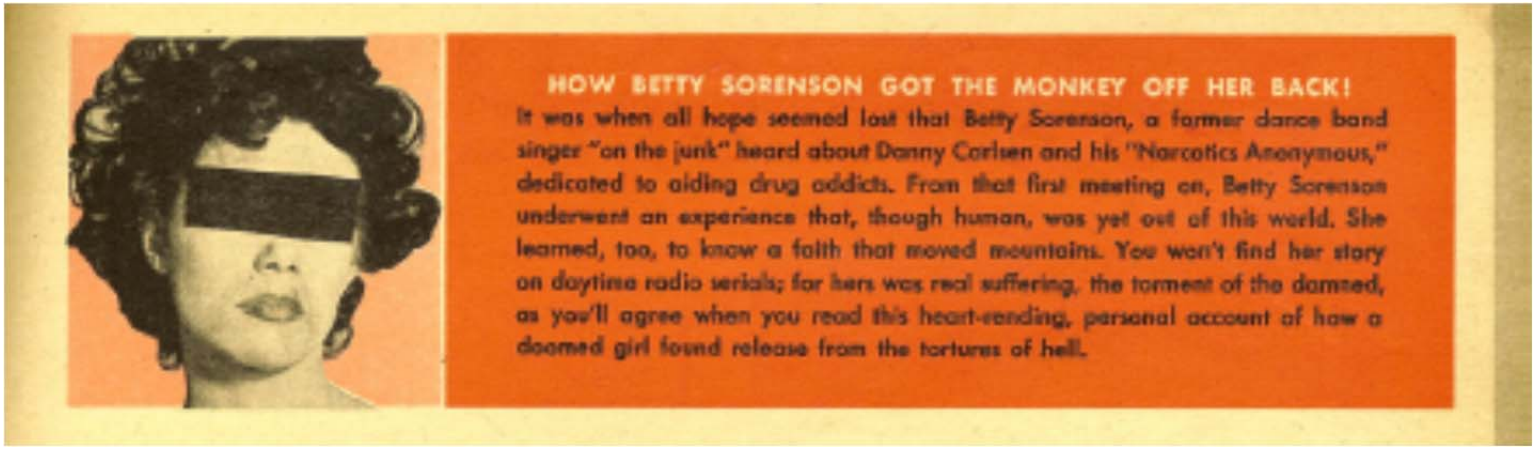
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"Once a Junkie, Always a Junkie"

You will correctly assume from the name that NA tries to do for drug addicts what that better known institution, AA, does for alcoholics. There's one big difference, however. For a comparison between the two, I'd say a man or woman who's alcoholic and tries to reform is like a swimmer trying to cross the English Channel with his feet tied. The man or woman, trying to "kick" the drug habit is that same swimmer, only with his *hands and feet tied*. It's easy enough to prove my statement. Ask anyone, and there are plenty, who ever had to fight both habits. Easier still, look at the figures.

Not long ago, the American Medical Association came out with statistics showing remarkable strides in the treatment

18

DATE	EVENT
November 1953 Confidential	than 15 percent of their patients are permanently cured when released from the hospital. Their motto, and it's the same for the rest of the world, is 'once a junkie, always a junkie.' But there are thousands of addicts (federal experts put the number in six figures), many of whom would desperately welcome a method that promised to give them a reprieve from their loathsome habit, which they correctly look on as a death sentence by slow torture. Later on in this story, I'll give you the name and address of the man who can help a junkie who truly wants to 'kick the monkey.' If it's your terrible fate to need this information, or you know some one who needs it, use it. This is no promise of an 'easy-does-it' cure, though. The one thing NA makes a drug addict realize is that his or her only salvation lies in giving up, forever, the 'easy way out of things.'  HOW BETTY SORENSON GOT THE MONKEY OFF HER BACK! It was when all hope seemed lost that Betty Sorenson, a former dance band singer "on the junk" heard about Danny Carlsen and his "Narcotics Anonymous," dedicated to aiding drug addicts. From that first meeting on, Betty Sorenson underwent an experience that, though human, was yet out of this world. She learned, too, to know a faith that moved mountains. You won't find her story on daytime radio serials; for hers was real suffering, the torment of the damned, as you'll agree when you read this heart-rending, personal account of how a doomed girl found release from the tortures of hell. First, I'd like to tell how I got on 'horse.' It's not as completely debauched and degraded as you think. I was a singer in one of the nation's top swing bands (as you've surely guessed by now, the signature on my story is not my real name). I didn't last long enough to get a real name for myself – just a voice that did the lyrics while the saxes wailed and the trumpets blared. It was tense and exhausting work, though, particularly when we hit the road for months of one-night stands. One of the boys in the band introduced me to marijuana, 'for relaxation,' and that was the beginning of the end.

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November 1953 Confidential	Misconceptions about Marijuana Now, there are a lot of misconceptions about marijuana. Some people think it gets you in an unbreakable vice. On the other hand, irreproachable medical authorities are on record as saying it's nowhere near as bad as whiskey. A medical commission investigating the use of marijuana in New York concluded that 'reefers' are actually no more habit forming than cigarettes! Years later, when I was in deep trouble, I was to learn how that could be true and yet as deadly a piece of information as the public was ever offered. I got my explanation while lying on a hospital bed at Lexington, between spasms of pain that twisted me into a shivering ball, dripping with perspiration. My skin was so sensitive I couldn't stand to draw a sheet over my aching body. I blush now at recalling how I lay there, bare as the day I was born, while a friendly, understanding doctor reduced medical jargon to plain and simple words.  'It's pretty much true that marijuana is really not more habit forming than cigarettes,' he said, 'but did you ever stop to think about the number of people who have tried to stop smoking and can't do it save their necks. It takes someone with a lot of self-assurance to quit smoking – most marijuana users don't have it, that's exactly why they drift on into using heroin.' That was me, all right, in a nutshell. When 'blasting' (a reefer party in which everyone gets high) started to lose its kick, I took the dare to sniff up my nose a pinch of powder handed to me in a small square of white paper. At first, I thought I'd throw up. Then my insecurity left me and it was heavenly. I'd be another Doris Day, a second Peggy Lee – success was just snapping your fingers. Don't think I'm pleading ignorance. I know exactly what I was doing. I was scared stiff, but I didn't stop. Six months later, barely half a year after I'd started with the band, I was 'main-lining it,' that is, injecting heroin directly into my veins.

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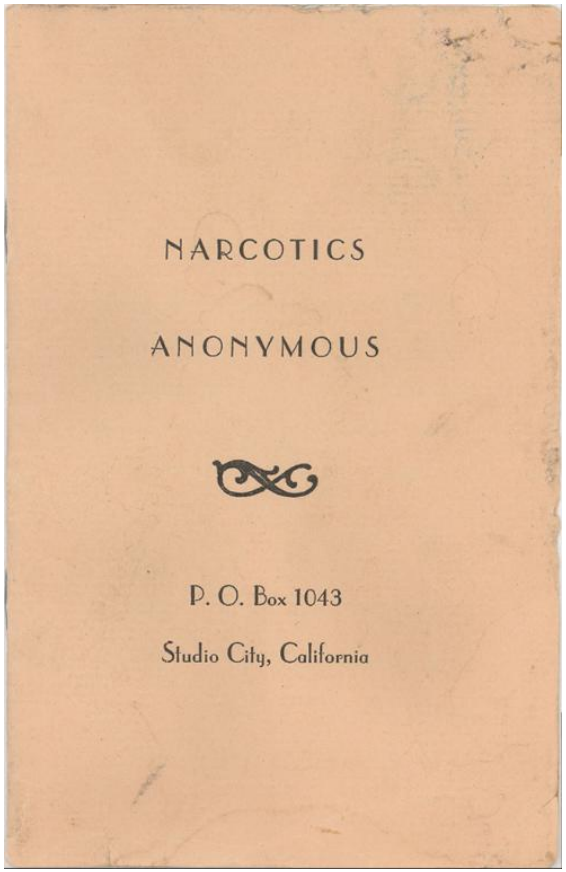
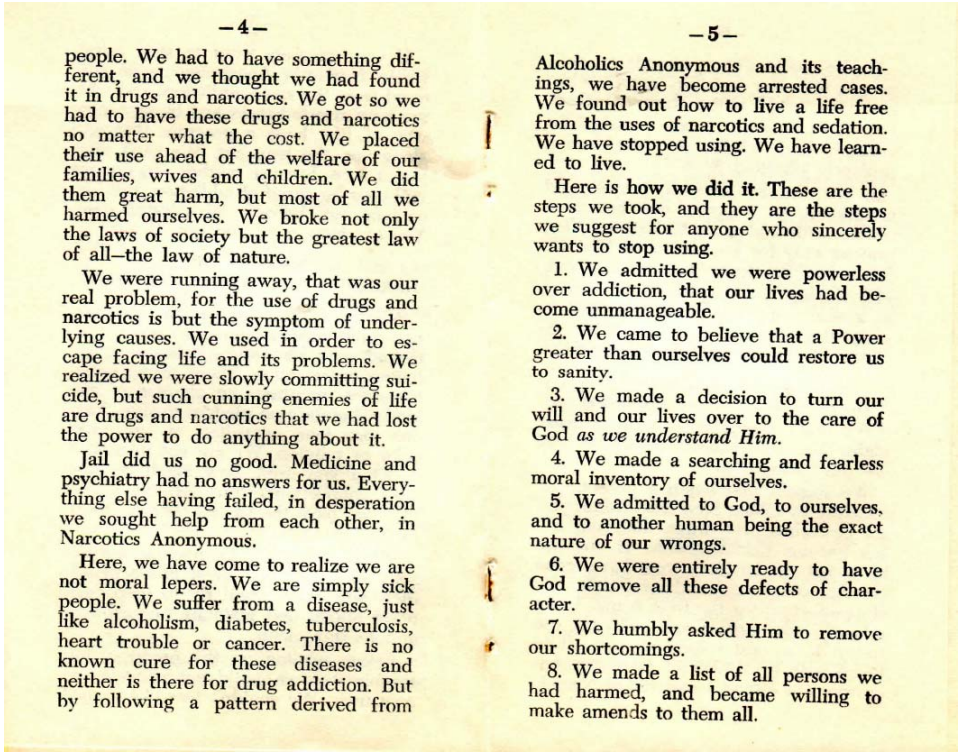
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November 1953 Confidential	The leader of the band caught on and was terrified – I wasn't even 18 at the time. I got my walking papers, floated on to honky-tonks and joints where I'd sing for th boys and let those with extra cash maul me between numbers. I hate to tell the rest, but NA says, along with AA, that confession is good for the soul, so the rest of it is I ended up a Manhattan call girl – one who'd do anything a customer named and some things he'd never thought of for the price of a 'deck,' a shot of 'H.' It was my luck to be arrested for prostitution in the small hours of a Saturday morning. By the time my case came up on Monday, my trouble was obvious to trained eyes. I said I'd go Lexington and, to keep this story short, I went there twice. Let's be fair about this. They cured my body of the drug habit, but never my mind. I was back on 'H' two weeks after I got out the first time and was on my way to find a pusher, a junk salesman, after the second term when I got a phone call from another 'junkie' I knew. He took me to see Danny Carlsen, and I hope to God I never forget to say a little prayer each day for that skinny, tight-faced guy with the deep-set eyes and the big, firm mouth. It didn't take long to discover he knew all about what I'd been through, and a few pits in Hell I'd missed. He'd been on heroin, cocaine, morphine, speedballs (a vicious combination of 'H' and 'coke'), as well as marijuana, Demerol and no one, least of all Danny, knows what else. In 20 years, he went to Lexington eight times! 'I never managed to kick the monkey.' He told me with simple dignity, 'until I turned myself over to God. I admitted I was powerless to help myself and started praying for and BELIEVING in His help.' Sound like worthless information? It did to me, too, at first. But I fought down the urge to find a pusher and went to my first NA meeting, at the McBurney YMCA in lower Manhattan. I spent three hours there that first night. I was stunned at the type of persons I met. Naturally, there were more than a few show-business folks, some of whom I knew. I was also introduced to the millinery buyer for one of New York's best department stores. I shook hands with a middle-aged actor whose name has decorated Broadway marquees in lights three feet high and a doctor who lost his license but made a comeback as a laboratory researcher. Later the hat buyer and I joined a Wall Street lawyer and a taxi driver for coffee and

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November 1953 Confidential	wheat cakes (there's no class line in NA). I had three cups, but I went home and slept like a baby for the first time in years. I had something worth working for now, friends who would fight to help me stay off junk and friends I'd fight to help the same way. I think that's the core of NA and maybe it's the secret of AA, too. I started then and there to worry more about how to keep these wonderful new pals of mine on the happy side of the street and spent less time thinking about myself. Silly? Juvenile? Maybe so, but it worked. I learned to be a stenographer and it was in that lawyer's office I met Jim. Months later he met my friend Sally, the hat buyer. No he pays no attention when the two of us go out for an evening to do our part for NA – 'making the rounds,' he jokingly calls it. At least, I don't *think* he pays any attention. For all I know, he may have followed us some time in the past year and my NA secret has long ago ceased to be a secret. If that happens to be the case, I'm not worried. For he must also know that the bitter saying: 'Once a junkie, always a junkie' is a lie! Thousands of others know it, too, now. NA isn't three years old but it already has chapters in such big cities as Chicago, Los Angeles and Philadelphia. In his offices in the Salvation Army Headquarters Building at 120 West 14th Street in New York City, Danny Carlsen gets dozens of letters a day asking for advice on some thorny problem of a new member or desperately begging his recommendation for treatment of a drug addict. All to seldom, he gets a couple of wrinkled dollar bills or a small check in the mail from some grateful addict who has discovered the peace and contentment that comes with 'kicking the monkey.' Day by day the word spreads that the most desperate addict can find real help at NA. Even more important, it's well-known that he can refuse the help and rely on NA keeping as silent as a priest coming from a confessional. In that last, NA had a special problem never faced by AA's. There's no law against an AA falling off the wagon; but remember this: it's a federal crime to go back on drugs. From the start, however, Danny Carlsen made a bargain with

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November 1953 Confidential	Uncle Sam that what he heard, saw and knew was his to keep. He wanted anyone who joined to feel the pride of knowing his action was completely his own and that's the way it is. Of course, Carslen is only too willing to concede that his organization is patterned after AA's in many ways. That fact is admitted in the NA motto, boldly borrowed from Alcoholics Anonymous and one that all of us could constantly keep in mind, to our own profit. I know it's helped me. Here it is: 'God give me the serenity to accept the things I can't change, the courage to change the things I can, and the wisdom to know the difference.'"[195]
November 7, 1953	This *Los Angeles Times* article focuses on Rev. Andy Griffin, a onetime "racketeer" who had a "personal conversion experience." He now works with at-risk youth in East Los Angeles. "The most stubborn and tragic cases with which he deals are those youths hooked on narcotics. Some time ago an addict asked the pastor for help. Twice he had kicked the habit but twice he returned to dope. He had the habit again, but good, the Rev. Andy said. So I showed him how he could grab God's hand and hold it 24 hours a day. That was two years ago. He hasn't had a hype since. One of the preacher's most important youth groups is the Born Again Club of reformed addicts who age themselves by the number of months they have been off of dope. They have birthday parties for each year they have stayed away from it, he said. Some have been off for years. They call themselves Addicts Anonymous."[196]
November 15, 1953	"Accepted resignations of Gilda K. and Tommy M."[197]
December 16, 1953	"Resignation of Doris + Frank C. accepted. Accepted resignation of Jimmy K."[198]
December 18, 1953	"Nomination of Bud P. for Chairman. Accepted."[199]
1953	A collection was taken up to allow Jimmy K. to travel to Lexington, KY for a seminar and to meet those running Addicts Anonymous meetings[200]
1953	Unsuccessful attempt to start a chapter of NA in Morris County, New Jersey.[201]

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1954	First NA group moves to "Shier's Dryer"—a sanitarium for alcoholics[202]
1954 **Buff Book**	 First piece of literature from today's NA. There was debate over wording of the steps; Jimmy K prevailed in getting word addiction inserted into first step.[203] A member of AA printed 500 copies of the Buff Book for free.[204] 

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	Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
	Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

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1954 **Buff Book**	"This booklet is dedicated to those who suffer from narcotics and sedation addiction. We, in Narcotics Anonymous, offer no cure, but we can honestly, positively, show you a way out, a way to quit using. DO YOU NEED NARCOTICS ANONYMOUS? You do, if you are an addict. Are you and addict? Ask yourself these questions. Answer them as honestly as you can. 1. Did you lose time from work due to 'using'? 2. Is 'using' make your home life unhappy? 3. Do you 'fix' because you were shy with other people? 4. Is 'using' affecting your reputation? 5. Have you ever felt remorse after 'fixing'? 6. Have you ever gotten into financial difficulties as a result of 'using'? 7. Do you turn to lower companions and an inferior environment when 'using'? 8. Does 'using' make you careless of your family's welfare? 9. Has your ambition decreased since 'using'? 10. Did you crave a 'fix' at a definite time daily? 11. Do you want to 'fix' the next morning? 12. Does 'using' cause you to have difficulty in sleeping? 13. Has your efficiency decreased since 'using'? 14. Is 'using' jeopardizing your job or business? 15. Do you 'fix' to escape from worries or trouble? 16. Did you 'fix' alone? 17. Have you ever had a complete loss of memory as a result of 'using'?

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1954 **Buff Book**	18. Has your physician ever treated you for 'using'? 19. Do you 'fix' to build up your self-confidence? 20. Have you ever been to a hospital or institution on account of 'using'? If you answered YES to any one of these questions, you may be an addict. If you answered YES to any two of these questions, chances are you are an addict. If you answered YES to three or more, then you are an addict. WHAT CAN YOU DO ABOUT IT? Absolutely nothing, unless you are convinced you must do something about it, and *sincerely want to do something* about it. If you sincerely want to stop using, we in Narcotics Anonymous, who suffered from the same addiction, and who are now arrested cases and living a new way of life, have a program that will show you a way out. We can't offer a cure, because neither you nor we will ever be *cured* of addiction. But like us, you can become an arrested case. You can stop using and start living. WHAT IS THE NARCOTICS ANONYMOUS PROGRAM? Narcotics Anonymous is an absolutely non-profit-making fellowship and is connected with no police, political or religious organization. There are no initiation fees, no dues, no charges of any kind. There are no pledges to sign. Anyone may join, regardless of age, race, color or religion. We are not interested in what you used, how much, or who your connections were. All we ask is that you have the sincere, honest desire to stop using. We of Narcotics Anonymous are exactly like you. We are a group of addicts who meet regularly to help each other obtain and maintain our sobriety and to stay clean. Before coming on the program, our trouble was we could not manage our own lives. We couldn't live like normal people. We had to have something different, and we thought we had found it in drugs and narcotics. We got so we had to have these drugs and narcotics no matter what he cost. We placed their use ahead of the welfare of our families, wives and

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1954 **Buff Book**	children. We did them great harm, but most of all we harmed ourselves. We broke not only the laws of society but the greatest law of all – the law of nature. We were running away, that was our real problem, for the use of drugs and narcotics is but the symptom of underlying causes. We used in order to escape facing life and its problems. We realized we were slowly omitting suicide, but such cunning enemies of life are drugs and narcotics that we had lost the power to do anything about it. Jail did us no good. Medicine and psychiatry had no answers for us. Everything else having failed, in desperation we sought help from each other, in Narcotics Anonymous. Here, we have come to realize we are not moral lepers. We are simply sick people. We suffer from a disease, just like alcoholism, diabetes, tuberculosis, heart trouble or cancer. There is no known cure for these diseases and neither is there for drug addiction. But by following a pattern derived from Alcoholics Anonymous and its teachings, we have become arrested cases. We found out how to live a life free from the uses of narcotics and sedation. We have stopped using. We have learned to live. Here is how we did it. These are the steps we took, and they are the steps we suggest for anyone who sincerely wants to stop using. 1. We admitted we were powerless over addiction, that our lives had become unmanageable. 2. We came to believe that a Power greater than ourselves could restore us to sanity. 3. We made a decision to turn our will and our lives over to the care of God *aw we understand Him*. 4. We made a searching and fearless moral inventory of ourselves. 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. We were entirely ready to have God remove all these defects of character. 7. We humbly asked Him to remove our shortcomings. 8. We made a list of all persons we had harmed, and became willing to make amends to them all. 9. We made direct amends to such people wherever possible, except when to do so would injure them or others. 10. We continued to take personal inventory, and when we were wrong promptly admitted it.

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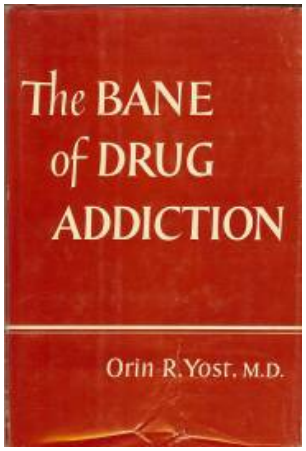
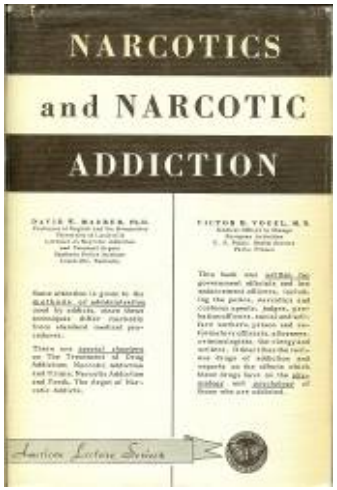
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1954 **Buff Book**	11. We sought through prayer and meditation to improve our conscious contact with *God as we understand Him*, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs. Does this sound like a big order – We don't expect you to do it overnight. You didn't become addicted in one day. '*Easy does it*.' We suggest you begin a program of recovery by taking Step One. Admit you are powerless over drugs, that your life has become unmanageable. If you are in jail or hospital you have gone through complete withdrawal and have stopped using for the time being. Upon release, tell yourself you will not use *today*. It is most important you get in touch with a member of Narcotics Anonymous or attend a meeting of Narcotics Anonymous at once. If you are not in jail or hospital, the same thing holds true: Stop using for *today*. If the compulsion becomes so great you can't see going through a whole day, then put yourself on a *five minute* basis of not using. After five minutes, do it for *another five minutes*. Minutes will grow into hour, hours into days. Quitting for one day, then for another, will eventually help you break the habit. Go from Step One to Step Two. Then to Step Three. You do it by stages, first things first. By constant attendance at Narcotics Anonymous meetings, you will find answers to the questions that may be disturbing you now. OUR PRAYER *God grant me the serenity to accept the* *Things I cannot change,*

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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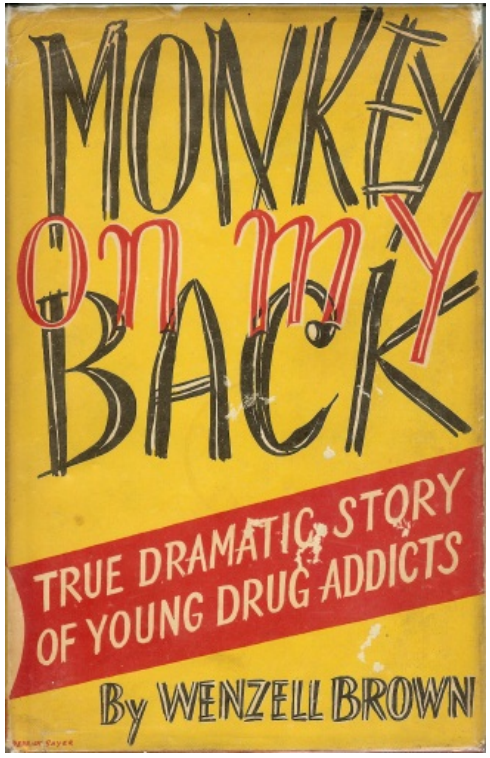
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1954 **Buff Book**	*The courage to change the things I can,* *And the wisdom to know the difference.* JUST FOR TODAY Tell yourself: JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of narcotics. JUST FOR TODAY I will have faith in someone in Narcotics Anonymous who believes in me and wants to help me to recovery. JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability. JUST FOR TODAY, through Narcotics Anonymous, I will try to get a better perspective on my life. JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way of life, even for today, I have nothing to fear. *For information regarding time and place of Narcotics Anonymous meetings, write to:* NARCOTICS ANONYMOUS P.O. Box 1043 Studio City, Calif." A later printing also includes: NARCOTICS ANONYMOUS P.O. Box 13023 So. Eastern Station San Diego, Calif.
1954	Recovery support group meets in federal prison in Lorton, VA—Group refers to itself as NOTROL.[205]

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1954	**The following appears in the book *The Bane of Addiction* by Orin R. Yost, M.D:**  "In the case of many patients it is advisable also to encourage them to establish connection with the recently organized Narcotics or Addicts Anonymous, in which organization they will receive understanding, encouragement, and support as well as stimulus, from those in the same position as themselves, to remain abstinent from drugs. Similar to Alcoholics Anonymous, which has established such an outstanding record for work done with former and present alcoholics, is a newer group along the same lines, known as Addicts Anonymous or Narcotics Anonymous. It had its origin in the Federal hospital at Lexington in 1947, and its program is very similar to that of Alcoholics Anonymous in that it helps patients, after their discharge from institutions, to help one another. There are now a number of such groups spread throughout the larger cities of our country, and their potentialities for good are very great. Wherever possible, their cooperation should be sought in the arduous task of helping a former addict get back into society."[206]
1954	 **The following excerpt appears in *Narcotics and Narcotic Addiction* by David W. Maurer, Ph.D. and Victor H. Vogel, M.D.:** "With the establishment of an active group, Addicts Anonymous, within the Lexington hospital, the addict sincerely in search of treatment may find associates who freely and emphatically proclaim to themselves and to others that they are determined to stay off drugs in the future. After release, some patients find great help from local chapters of Addicts Anonymous, or Narcotics Anonymous, as they are called in some cities (p. 163, 1st Edition). The Addicts Anonymous group is active for those patients who wish to cooperate, and this organization is very helpful in sustaining the addict personally and psychologically (p. 173, 1st Edition). One recidivist patient had been addicted for more than 30 years, beginning with opium

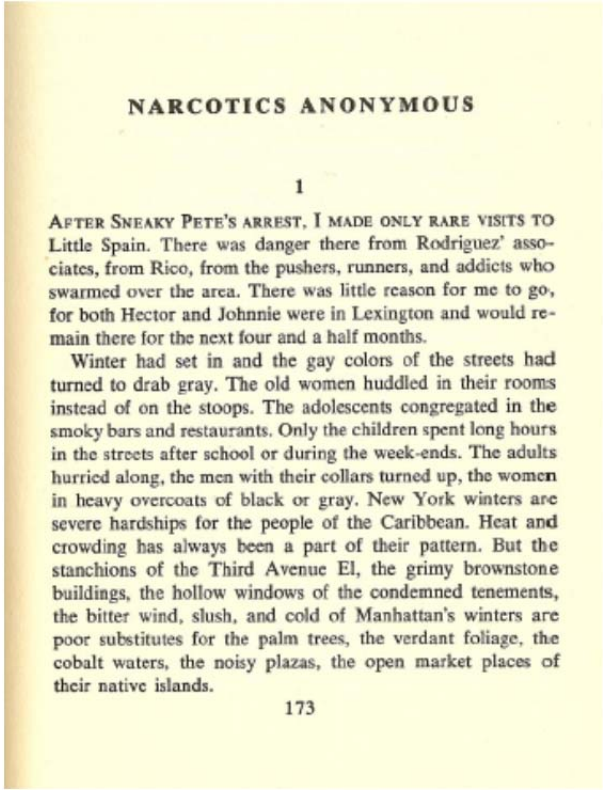
Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1954	smoking and later using morphine and heroin intravenously. At the time of his last admission he gained some inspiration from his association with the Addicts Anonymous group in the hospital, and since his last discharge has been off drugs for three years to the present time. He is actively associated with an Addicts Anonymous group outside, and finds help for himself by continuing to help patients discharged from the hospital (p. 177, 1st Edition)."[207]
1954 **Monkey On My Back**	**Wenzell Brown publishes *Monkey On My Back*, a book about young drug addicts:**  The following excerpt is from the chapter titled *Narcotics Anonymous*: "…Again I started the round of agencies which might be willing to aid the boys. The going was rough. No one wanted to employ a boy with a narcotics record. Nobody wanted such a boy in his home even though payment was provided to keep him there. Four separate agencies, however, did mention a man whom they thought might help the boys. He was Danny Carlsen, a former addict who was operating an outfit known as Narcotics Anonymous. The telephone book listed the address as 242 East 14th Street. On a blustering cold day, I picked my way past the crowds thronging the entrances of Ohrbach's Department Store, past the garish marquees of moving picture theatres, past reeking saloons, blaring music shops, and down-in-the-heal hash-houses. I crossed Third Avenue and was nearly to Second when I spotted the number. The office was in the Presbyterian Labor Temple. An elevator operator told me that I would find Carlsen on the sixth floor, but I wandered about for some time before I located his tiny cubicle in the back of a small chapel. The office, scarcely larger than a closet, had two desks crammed into it. At one of them sat a young woman. I later learned that she was Barbara Doyle, the unpaid secretary of Narcotics Anonymous. Miss Doyle, who has never been a user, devotes hours every day to the aid of young addicts. We talked for a few minutes' then Danny Carlsen came in. He was a short man, very thin, with a pale, haggard face. He

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1954 **Monkey On My Back**	was dressed in a shabby gray overcoat, a cheap blue suit, a crushed-in felt hat. He said to Barbara, 'I'm all in. That boy in Jersey City –' He saw me and broke off in mid-sentence. For the next fifteen minutes, I tried to draw Carlsen out, get him to talk. He was evasive, irritable. Later I learned the reason for this. A girl with whom he had been working had been picked up by the police the previous day and was being held at the Women's House of Detention. Carlsen thought that I was a policeman in disguise and that my interest in his work was only a pose to pry information from him. As we talked, I studied the man who narcotics addicts throughout the country call Danny. He was in his mid-forties. His face was gaunt, the skin taut against the bones. His eyes were deep-set, large. His forehead jutted, his eyebrows were heavy, his light-brown hair sparse. His mouth was wide and straight, his chin narrow. There were heavy creases about his lips. His taut body, his indrawn expression, his compressed lips and clipped speech did not impress me favorably. Then the telephone rang. Barbara answered and said to Danny, 'It's someone who needs you.' Danny took the phone and there was a swift change in his manner. I heard him say, 'Yes, this is Danny.' There was a pause. 'You say you're in Brooklyn in a drugstore calling from a booth?...Yes, if you need me I'll come.'



NARCOTICS ANONYMOUS

1

AFTER SNEAKY PETE'S ARREST, I MADE ONLY RARE VISITS TO Little Spain. There was danger there from Rodriguez' associates, from Rico, from the pushers, runners, and addicts who swarmed over the area. There was little reason for me to go, for both Hector and Johnnie were in Lexington and would remain there for the next four and a half months.

Winter had set in and the gay colors of the streets had turned to drab gray. The old women huddled in their rooms instead of on the stoops. The adolescents congregated in the smoky bars and restaurants. Only the children spent long hours in the streets after school or during the week-ends. The adults hurried along, the men with their collars turned up, the women in heavy overcoats of black or gray. New York winters are severe hardships for the people of the Caribbean. Heat and crowding has always been a part of their pattern. But the stanchions of the Third Avenue El, the grimy brownstone buildings, the hollow windows of the condemned tenements, the bitter wind, slush, and cold of Manhattan's winters are poor substitutes for the palm trees, the verdant foliage, the cobalt waters, the noisy plazas, the open market places of their native islands.

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1954 Monkey On My Back	The hysteria of the voice on the other side of the line swept into the cubicle. Danny was only a foot away from me. I could catch words, phrases, of the boy who was talking. 'I'm desperate. I've got to do something – got to. If I'm alone, I'll have to go back on. Maybe pull a score to get the money. I don't know. God help me! I don't know what to do.' Danny spoke soothingly. 'Give me a name to call you by. No, not your real name. Just a nickname of some kind.' 'Eddie.' 'All right, Eddie. Now, listen to me. You know I've been on the hook, don't you?' 'Yes. I know.' 'I've been through it all and plenty of times I've been a loser. But you can hold tight for an hour, can't you, Eddie? I'll be with you by that time and we can talk things over.' There was a sputter over the wire. 'No, I'm not police and I won't bring police and I'll get to you as soon as I can.' Again there was an interruption, a long one. 'Sure, Eddie, it's bad. But just take it for the next five minutes, then another five. That way you can hang on.' The boy gave directions and Danny jotted them down. As soon as the boy hung up, he reached for his hat and coat which he had thrown on the table and hurried out, scarcely noticing me. When he had gone, Barbara Doyle chatted with me for awhile, telling me of Danny's work. Then she gave me an invitation to attend the second anniversary open meeting of Narcotics Anonymous which was to be held the following

DATE	EVENT
1954 **Monkey On My Back**	Wednesday at eight o'clock. **(Author's note: New York Times articles place the 2nd anniversary on February 27, 1952)** During the intervening days I tried to learn what I could of Danny and the group. Among others, I talked with a police inspector with whom I had become friendly. He said, 'It won't work. You get a bunch of junkies together, what happens? They get to talking about the stuff. Dope is like mumps- it's contagious. A kid gets on the hook and he wants his buddies to try it. Not because he's pushing but just because that's the way a junkie is. So what? These kids start digging the cat. Pretty soon one of them thinks he'd like to try a pop just for the hell of it. Then the other kids don't want to be called squares. So they all take snorters. Each one knows it can't get him. It's just this once. But after awhile, they've started a joy club. Maybe some draw out but In the end there'll be two or three or more with monkeys on their backs.' 'That may be,' I argued, 'but what about a kid who's desperate – who's on the verge of committing a crime to buy himself a fix? Who can he talk to? Is there a rehabilitation center, a hospital, a clinic where he can get help?' 'No. There's nothing like that.' 'What happens to the boy who's just out of Lexington or the Island? You say 80 per cent of them are back on heroin in a year. Is there any organization to help them in their struggle?' 'Not that I know of.' 'Then why not give Danny a break? From what I've heard, the youngsters he's dealing with are those who have been given up by everyone else. In that case, at the very worst he can't do any harm.' The inspector shrugged but he agreed to go with me to the Labor Temple on Wednesday. When we arrived we found the hall already well filled with perhaps from two hundred to two hundred and fifty people. Only a scattering of these people

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1954 **Monkey On My Back**	were users or former users. There was a group of students from Columbia's Teachers College. Most of the rest were social workers, public officials, and members of citizens' reform groups. A moving picture, *Drug Addiction*, released by Encyclopaedia (sic) Britannica was shown. Incidentally, this is a picture which can be rented for a few dollars by any interested group. Then Danny spoke and several of the welfare workers. After that, Danny announced that three members of Narcotics Anonymous would tell about their experiences. They would be introduced only by their first names. The first of these was Baxter, a tall, angular, handsome colored boy. Baxter had joined the army when he was eighteen and been sent to Korea. Previously he had played the clarinet in his high school band and also performed with a professional group for a short time. In Korea, he had been assigned to an army band. The life overseas was rigorous. The bands were sent from place to place, often travelling all night and performing before the troops the next day. One night on the train Baxter had seen one of the other bandsmen using a syringe. He had been curious, thinking the other boy was sick and injecting himself with medicine. The other boy had told him it was just something to make the long, tedious, jolting ride go 'fast and easy,' and he offered Baxter a shot. At first Baxter refused but the boys continued talking. Before the night was up, Baxter had decided he might as well 'give the stuff a try.' A couple of nights later, as the band returned to base, he tried a second shot, still not knowing what he was using. The hardships of the train journey disappeared and a rosy lethargic state of pleasure took their place. He and his 'buddie' spent the night 'digging the cat.' In six weeks Baxter was on the hook, needing the stuff bad. His 'buddie' was no longer supplying the decks free. Baxter talked with some other fellows and they advised him to lay off. He tried 'kicking it on his own' and almost succeeded. Then one day they were caught in a raid and Baxter decided just one 'pop' would fix him up. By the end of a week he was on H again, this time worse than ever. He had received a discharge and wound up in Lexington, one of 'hundreds' from the Korean front. He was released and found a job with a band but he kept thinking about horse. Every so often the craving would hit him hard. He went back on and landed up in Lexington again. Now he was out and unemployed, but he was determined to 'kick it forever.' One night he had gone through hell. All the next day he had the jitters. Then a friend had told him about

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1954 **Monkey On My Back**	Danny. He had called Danny up and had come to see him. Danny had pulled him through the bad spell. Baxter had been 'off' for five months. He thought he would never go back on. The second speaker was a tall, shapely, very attractive woman who was introduced as Iris. I judged her to be nineteen or twenty, but as her story unrolled it became apparent that she must be close to thirty. She started her story by telling us that she had spent five years in prison. She had been raised in poverty, married when she was fifteen, and widowed a year later. To earn money for herself and her infant son, she had taken work in a dime-a-dance night hall as a 'taxi dancer.' The work had been hard, monotonous, often humiliating. Some of the other girls smoked bombers so the time wouldn't drag. Iris bought some and soon was smoking them regularly. But in a few months 'the kick wore off.' The same girl who had sold her the bombers offered her some heroin. Iris said, 'I didn't even know the name of the stuff I was using. All I knew was I needed it and it cost a lot of money.' The girl from whom Iris was buying went away and Iris had to find a new contact. This time the pusher was a man. One night while she was waiting for the pusher on a street corner, she was accosted by the police. She could not explain her presence and was arrested. In court, she received a one- to three-year sentence for 'loitering.' When Iris was free again she thought she could take it easy. Just one shot a day and that way she would never be hooked. But pretty soon it was two shots, then three, then four. At the end of six months, she had forgotten everything else except her need for the drug. The pusher who was selling to her 'turned stooge.' Iris was picked up again and sent to the House of Detention. This time when she got out she thought she could 'beat the habit' with a drink instead. Whenever she felt the craving for a shot, she would take a drink instead. Sometimes she would deliberately drink herself into a semiconscious state, feeling that was the only defense she had against heroin. She worked whenever she could, but her employment never lasted for long. One of her jobs was a waitress and at the restaurant where she worked she became friendly with another girl who was an addict. They started spending a good deal of time together, and one night when Iris was intoxicated her friend persuaded her to try a jolt. Just one shot was all Iris needed. Soon she was taking heroin steadily again and, because it was the only way she could 'pay for her habit,' she also started to push.

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1954 Monkey On My Back	Even so, she could not raise enough money for her needs. The man from whom she was making her drug purchases told her about 'an easy way' to get money. Under his tutelage she stole a government social welfare check from the mailbox of a woman who lived in a nearby apartment, forged the women's name, and tried to cash the check. The very first time she tried it she was caught. She was sent to Lexington and then returned to prison to serve out another year's term. Meanwhile a terrible tragedy had struck her home. Her little boy had been left with her mother. One morning while the youngster was playing on the roof, a neighbor's child managed to get hold of a service revolver and fired it. The bullet struck Iris' boy, shattering the end of his spine. The doctors said the boy would live but never walk again except with crutches. That night, alone in her cell, Iris prayed for the first time since she was a child. She did not pray for herself but for the boy. She demanded of herself the strength to help him. The next Sunday, Narcotics Anonymous held a meeting at the House of Detention. In desperation, Iris attended. She heard Danny Carlsen and several others tell how they had kicked the habit. One of these turned out to be a girl she had known previously – 'the worst junkie' she had ever seen. Iris decided that if this girl could kick the habit, so could she. The same day that Iris was released, she called Narcotics Anonymous. Danny helped her get medical care, a job. But more than that he had taught her to be humble, that her self-pity was selfishness, that she had responsibilities toward others. Iris had kept her job for two years. She had supported her son and, in what spare time she had, she had become a part of the working staff of Narcotics Anonymous. Each time there was a Sunday meeting at the House of Detention she went back to tell her story. She let the girls there know that her tiny apartment was a haven where they could come in time of need. During these two years she had never taken a shot. She never would take another. While Iris had been talking, I heard a sound of muffled sobbing behind me. I turned and saw a girl in the pew in back. She was, I judged, about seventeen and rather pretty. There was a bandana around her hair. Most of her face was concealed by a crumpled handkerchief held in her hand. She glanced up and caught me looking at her. For a moment she

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1954 **Monkey On My Back**	stared at me with a hint of defiance; then she averted her face. The third speaker of the group was Charlie. Charlie made me think of a poster of a typical American boy. He had blond hair, a rugged face, a turned-up nose, a quick embarrassed grin. He said he didn't have much of a story to tell – not like Iris. This is the way it was with him. His old man wasn't exactly rich but he was well off. His mom was tops. He didn't have any troubles at home, except his folks were kind of strict. As for Charlie, well he liked a good time. The way he looked at it, pretty soon the draft was going to catch up with him. So he'd better have his fun first. He got to hanging around with a gang of kids. They were nice guys, too. They thought the same as he did about good times. They got hold of some hot rods and smashed them up. Then they tried happy sticks and bennies. Getting goofed once in a while was okay. Then one night a kid from the gang showed up with some horse. They all tried it and it made them sick. The rest of the gang had enough, but Charlie took some more on a dare. A couple of the older guys tried to warn him off and he had decided to show them he didn't need their advice. Then before he knew it, he couldn't lay off. He'd made up a lot of lies to tell his folks to get money. Then he began pilfering around home, and finally he had broken into a half-dozen stores. Every penny he could lay his hands on went for horse. Luckily for him, his old man caught up with him before the police. Charlie had taken the cure. It was tough sledding, tough, when he got out. The other kids didn't like having him around. Especially the girls. They thought he was still a hophead or a dope fiend. They were scared of him. IT had been so bad he'd nearly started taking the junk again, but in Lexington he'd heard about Danny. He decided to give Danny a try, and since then he'd been with Narcotics Anonymous. It was four months now. He knew he had to kick the habit for good because they wouldn't take him in the army otherwise. He hadn't been so hot about going in before, but now that was what he wanted more than anything else. Charlie's talk was followed by a round of applause and then a minister said a brief prayer. Danny called the meeting to a close. I whispered to my police inspector friend, 'What do you think now?' He grunted, 'I'd like to wait a few months and hear what's happened to these kids. Take this guy Charlie, he's been off for four months but that's no proof he'll kick it cold. Do you want to lay a bet he won't be back on in another six months? I

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1954 **Monkey On My Back**	got a sawbuck that says he will.' While the inspector had been talking I looked around for the girl I had heard sobbing. She was not in the pew, nor could I see her anywhere in the auditorium. Sometime while Charlie was still talking she must have slipped away. Danny and Barbara were harassed by difficulties. They were operating without funds and, while welfare agencies, hospitals, prisons, and churches advised young addicts to go to Danny, none of them gave financial support. Every time I visited the office, there was a fresh emergency – their telephone was about to be cut off, their typewriter had been stolen, a boy who needed hospitalization badly could not raise the fare to Lexington. When a publicity article appeared in a national magazine, they were flooded with request for help but only two dollars came in through the mails. Danny was on relief; Barbara had no income except what she earned from part-time typing. The few former addicts who wanted to help were not sufficiently stable personalities to conduct the interviews with skill and tact. Danny was reticent about talking of himself, not because of any desire for concealment but because he was too filled with the work he was doing to think of anything else. Nevertheless, as the days passed on, I managed to patch together part of his story. He was born in Puerto Rico in the small town of Humacao. His father was Danish, his mother a native of Spanish extraction. But Danny had only the skimpiest memories of either of them. Both parents died before Danny was five, and a woman doctor in the United States Public Health Office brought the orphaned boy to her home in St. Joseph, Missouri. Danny lived a fairly normal life in St. Joseph until he was fourteen. Then he developed a painful growth inside his left hear. He was hospitalized and, to reduce he pain, he was given morphine. This was a time when the dangers of morphine addiction were not fully understood, and Danny received repeated dosages. Danny did not know what was happening to him but he got a 'lift' from the morphine. It made everything 'rosy' and peaceful, besides relieving the suffering of his earache. He noticed where the morphine was kept and surreptitiously took additional doses. When his earache was better, he still had access to the hospital and continued to steal the drug.

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1954	**The Alcoholics Anonymous General Service Headquarters World Directory lists the Habit Forming Drugs Group of AA, now in Santa Monica (not Los Angeles):** "H.F.D. Group – Betty T., 1319 14th St., Apt. D (Exbrook 5-2163)" Membership is listed at 20. Contributions are listed at $15.00[209]

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March 1954	Lynn hears of Danny C. and Narcotics Anonymous in New York and contacts him as she was the only ex-addict attending AA meetings in Montreal at that time.[210]
May 5, 1954	**The following appears in the magazine *Down Beat*:** The author profiles two NYC NA meetings. "I went to a meeting of Narcotics Anonymous the other night. The group has been in existence for the past four years and meets every Tuesday night at the YMCA at 23rd street and Seventh avenue. The Tuesday meeting is semi-public. On Friday nights there are closed meetings for ex-addicts only. "I was invited to attend because Narcotics Anonymous is looking for publicity. Not publicity of a sensational kind, and not publicity that will lead to monetary help. Narcotics Anonymous, however, does want the fact that it has been functioning successfully to be known. In that way, addicts who have withdrawn from drugs and want to make sure that they'll stay withdrawn, will know they have a place to go for help. "Other NA groups are beginning to form. This one was started by Danny Carlson (sic), a long time addict who rebuilt his life at 42. Danny allows his name to be used because he is so active in helping not only this group of NA but others. He went to Washington several months ago to help form a unit there, and there's another in Canada. At Lexington itself there's an organization called AA (Addicts Anonymous).[211] 

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1954	Betty T. (HFD Group) reports that in Southern California that there are two Addicts Anonymous groups and two Narcotics Anonymous groups. She and nearly all the addicts she has sponsored have attended. Betty states the "results are confusing!" Betty states that the wording in the "Book" is changed, that the meetings don't follow the AA Tradition, and that "there is a tendency to the leaders not being trusted servants but bosses!"[212]
1954	Reference by Betty T. to tape recording stories of AA members with an "alcohol problem with complications" (drug addiction) and taking tapes to addicts at Camarillo State Hospital.[213]
April 5, 1954	**Long letter from Betty T. of Habit Forming Drugs Group to Bill W.: References two Addicts Anonymous and two Narcotics Anonymous groups in the Los Angeles area.** Regarding the existence of the Addicts Anonymous and Narcotics Anonymous groups: • Betty writes "there is not need for these groups"; • She criticizes groups for substituting the word drugs for alcohol: "They do not stress the danger of alcohol as a substitute for drugs!" • "not only have I attended, but nearly all of the addicts that I have sponsored have attended, and the results are confusing! The changing of the wording in the Book, at two of the groups, and the feeling that the groups gave to the straight alcoholic who attends. It doesn't run true to form according to our AA Traditions, nor are the meetings conducted in such a way as our regular meetings, there is a tendency to the leaders not being trusted servants but bosses!" The letter also contains information on her work: • Betty writes that she is a former addict who has "worked personally with over 200 narcotics addicts to say nothing of the hundreds of barbiturate addicts" • She describes her success in getting addicts into AA meetings: "…no one seems to oppose them, because they are truthful in admitting that they are powerless over alcohol!...Throughout the L.A. area and as far down as San Diego the addict is one of us, at the time, many older members of AA that never told of a problem of drugs, are openly speaking of it at the meetings." • She describes being in touch with Houston S. in Lexington and refers to him as "a dear friend and correspondent"" ; • Betty mentions that they no longer have regular HFD meetings—only when needed to help a newcomer; other wise

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April 5, 1954	the members attend regular AA meeting; • Later she mentions the group meets "once in a while as a large meeting"."[214]
May 17, 1954	A special meeting is held to investigate and establish a new governing committee. The following members attended: John P. H., Peggy K., Scott K. (Peggy and Scott share the same last name), Bud P. Ervin B. Cy M., Frank A., Nancy F., Wayne P., Ira W., Doris C. and Frank C. It is noted that all previous members of the Governing Committee had resigned except Bud P. Bud P. is elected "Permanent Chairman for a period of six (6) months."[215]
May 19, 1954	In a letter to Bill W., Betty T. writes: • "I am opposed to the straight addict group. The addict should be willing to associate himself with the alcoholic, and Alcoholics Anonymous open meetings, as the same basic personal and character defects, same escapism and emotional upset are found in both addictions, to either alcohol or drugs." • She goes on to suggest that close association between addicts increases risk for relapse early in recovery and notes that the "jive" talk and argot of addicts contributes to this relapse process. • She talks about problems in early HFD meetings of addicts getting off focus on recovery program and gossiping about drugs, "kicks" and personalities.[216]
May 26, 1954	Steering committee meeting held with Bud P. (Chairman), Wayne P. (Acting Secretary), Scott K., Frank A., Cy M. and Pat H. (Committeemen) Topics for discussion include: 1. Publicity – "Publicity should be planted with social workers who come in contact with the addict in order that the N.A. Program may be opened to the addicts as a way of rehabilitating. All Printed Publicity should be well written and edited keeping the sick addict well in mind" 2. Possible lectures to students at schools 3. Procedures of the Monday night Regular Meetings – "Monday night meetings should concern the new comer and the working of the NA Program.

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May 26, 1954	4. P.O. Box 5. News Paper Ad 6. Amendments to By Laws – "Article 4 Aug 24, 1953 meeting speakers shall consist of alcoholics narcotic addicts and non users who can be informative to addicts in his or her rehabilitation." 7. Possibilities of NA Foundation[217]
June 2, 1954	Special meeting held at 7:00 pm to discuss anamosity (sic) between the narcotic groups. Present at the meetings: Cy M., Pat H., Buddy P., Charlie D., Frank Ce., Scott K., Wayne P. and Peggy K.[218]
June 23, 1954	Narcotics Anonymous Committee Meeting Members Present: Buddy P. (Chairman), Wayne P. (Acting Sec.), Pat H., Scott K., Frank Ce., Charlie D., Frank M. Topics discussed: 1. Reading Our Purpose at meetings – "The paper Our Purpose shall be read at the beginning of the meeting." 2. Who shall be permitted to attend the N.A. meetings – "The topic after being discussed was decided to be left as is covered in the amendments."[219]
June 28, 1954	June 28 letter from Bill W. to Jerome Ellison: "Though it is traditional almost everywhere that open AA meetings are available to anyone at all, it does not follow from this that non-alcoholics attending from reasons of their own will necessarily be received with wide open arms into the AA fellowship. As you know, we are still pretty much on the snobbish side…We think that addicts would be welcome at open meetings, but unless they discover in them "bridge people" who understand, they may be sometimes rebuffed for lack of fellowship….In the large cities, where there are big open meetings is more impersonal, I don't think there will be much difficulty. But in smaller towns there might be. So the policy problems is: just how do we make the addicts feel welcome at open meetings without making them or anyone else think they are being offered qualified AA membership. If we put the invitation out too strongly, I'm sure a great many will be disappointed. If we don't invite the addicts at all, then many will lose a great chance. What we want is a policy starting point that will assure the maximum results under present conditions. Then let matters evolve from there."[220]
July 1954	Betty T. (Habit Forming Drugs Group) submits an article to the *Grapevine* titled "An Accumulation of Unhappy Events." The article is signed "B.T. Santa Monica, California."

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July	**1954**	Though this article is signed "B.T." the following information indicates that this is Betty: • Dual problem of alcohol and other drugs • Sobriety date of December 11, 1949 • Married a member of AA who also has a dual problem (sedatives and whiskey) • In 1951 she started a "small informal group of alcoholics also addicted to drugs" • She reports that her mother lives in Montana and that after a separation of thirty-six years that she was instrumental in bringing her mother into AA as a "loner." This article provides new biographical information about Betty: • She took her first drink in 1918 and within three years had lost her home, husband and was separated from her two children. • She worked in various cafes as an entertainer • She took up drinking to "solve my drinking problem" • She began using morphine to help cure her hangovers (later she became addicted to heroin) • She had a recurrence of TB that resulted in her spending several months in a sanatorium, during which she was able to lose her addiction. She moved to Southern California and began drinking a year later. • In 1939, while drunk, she waked in front of a car and was seriously injured resulting in being hospitalized for 9 months. While hospitalized her youngest son volunteered to serve in the Eagle Squadron (Eagle Squadrons were 3 fighter squadrons of the Royal Air Force formed during World War II with volunteer pilots from the US). She was drunk when she said good-bye to him. He was killed in action four months later. • She attended her first AA meeting in 1945 with a friend. Betty did not feel like she needed the program. A year later her friend stopped attending meetings and later died addicted to sleeping pills and alcohol. • Betty later became addicted to benzedrine • She reports that her sobriety began on December 11, 1949 and that she had a spiritual experience. • She reports that because of her recovery that her oldest son and his family are "proud and happy to see the complete change" in her life • She concludes her article stating that she carries the message to alcoholics and addicts in society and in prisons throughout the country.[221]

1954

DATE	EVENT
Aug. 7, 1954	**The following article by Jerome Ellison, "These Drug Addicts Cure One Another," appears in the *The Saturday Evening Post*:** "A new approach to a tragic social problem - drug addiction - has been found by the ex-addicts of Narcotics Anonymous. Here's how they help users out of their horrible habit – as in the cases of the mining engineer, the hot musician, the minister and the movie actor. Tom, a young musician just out of a job on a big-name dance band, was pouring out the story of his heroin addiction to a small gathering in a New York City Y.M.C.A. He told how he started three years ago, 'fooling around for thrills, never dreaming to get a habit.' His band went on the road. One night in Philadelphia he ran out of his drug and became so shaky he couldn't play. It was the first the band management knew of his habit. He was promptly sent home. 'Music business is getting tough with junkies,' Tom said. His audience was sympathetic. It was composed of former drug addicts who had found freedom from addiction. They met twice weekly to make this freedom secure, and worked to help other addicts achieve it. The New York group, founded in 1 950 and called Narcotics Anonymous, is one of several which have been piling up evidence that the methods of Alcoholics Anonymous can help release people from other drugs than alcohol--drugs such as opium, heroin, morphine and the barbiturates. The groups enter a field where patients are many and cures few. The population addicted to opiates has been placed by competent but incompatible authorities at 60,000 and at 180,000. The Federal Bureau of Narcotics estimates that the traffic in illegal opium derivatives grosses $275,000,000 a year. About 1000 people a month are arrested for violations of Federal, state or local laws regulating the opiates. Addiction to the barbiturates, it is believed, involves more people. There are some 1500 known compounds of barbituric acid, some of them having pharmaceutical names and others street names such as yellow jacket, red devil and goofball. Addicts work up to doses sufficient to kill a non-addicted person or an addict with a lesser tolerance. In New York recently, three young addicts met and took equal portions of heroin. Two felt no unusual reaction. The third went into convulsions and in a few hours was dead. Many barbiturate users daily consume quantities which would be lethal to a normal person. Others have demonstrated an ability to use barbiturates for years, under medical supervision, without raising the consumption to dangerous levels.

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Aug. 7, 1954	 The drug addict, like the alcoholic, has long been an enigma to those who want to help him. Real contact is most likely to be made, on a principle demonstrated with phenomenal success by Alcoholics Anonymous, by another addict. Does the prospect, writhing with shame, confess to pilfering from his wife's purse to buy drugs? His sponsor once took his children's lunch money. Did he steal the black bag of a loyal family doctor? As a ruse to flimflam druggists, his new friend once impersonated a doctor for several months. The N.A. member first shares his shame with the newcomer. Then he shares his hope and finally, sometimes, his recovery. To date, the A.A. type of group therapy has been an effective ingredient of 'cures' – the word as used here means no drugs for a year or more and an intent of permanent abstinence—in at least 200 cases. Some of these, including Dan, the founder of the New York group, had been pronounced medically hopeless. The 'Narco' Group in the United States Public Health Service Hospital at Lexington, Kentucky has a transient membership of about eighty men and women patients. The group mails a monthly newsletter, THE KEY, free to those who want it, currently a list of 500 names. Many of these are interested but non-addicted friends. Most are 'mail-order members' of the group--addicts who have left the hospital and been without drugs for periods ranging from a few weeks to several years. The H.F.D. (Habit-Forming Drug) Group is a loosely affiliated fellowship of California ex-addicts who keep "clean" --the addicts' term for a state of abstinence--by attending Alcoholics Anonymous meetings with volunteer AA. sponsors. The Federal prison at Lorton, Virginia, has a prisoner group which attracts thirty men to its weekly meetings. Narcotics Anonymous in New York is the sole 'free world' – outside-of-institutions group which conducts its own weekly open-to-the- public meetings in the AA. Tradition.

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Aug. 7, 1954	Today's groups of former addicts mark the convergence of two historic narratives, one having to with alcohol, the other with opium. Reference to the drug of the poppies go back to 400 B.C. According to Homer, Helen of Troy used it in a beverage guaranteed to abolish care. Opium was employed to quiet noisy children as early as 1552 B.C. De Quincey and Coleridge are among the famous men to whom it brought disaster. In its dual role it appears today, through its derivatives, as the friend of man in surgery and his enemy in addiction. The alcoholic strand of the story may be taken up in the Zurich office of the Swiss psychologist Carl Jung, one day late in 1933. At that time the eminent doctor was obliged to impart an unpleasant bit of news to one of his patients, an American businessman who had come for help with a desperate drinking problem. After months of effort and repeated relapses, the doctor admitted that his treatment had been a failure. 'Is there, then,' the patient asked, 'no hope?' Only if a profound religious experience were undergone, he was told. How, he wanted to know, could such an experience be had? It could not be obtained on order, the doctor said, but if one associated with religious minded people for a while.



HARRY SALTZMAN

Two ex-addicts—called "Dan" and "Don" in the story—talk with a Narcotics Anonymous group at the McBurney Y.M.C.A. in New York. Dan, the group's founder, was hospitalized eight times for addiction.

These Drug Addicts Cure One Another

By JEROME ELLISON

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Aug. 7, 1954	**Narcotics Anonymous -- A.A.'s Young Brother** The American interested himself in Frank Buchman's Oxford Group, found sobriety, and told an inebriate friend of his experience. The friend sobered up and took the message to a former drinking partner, a New York stockbroker named Bill. Though he was an agnostic who had never had much use for religion, Bill sobered up. Late in 1935, while on a business trip to Akron, Ohio, he was struck by the thought that he wouldn't be able to keep his sobriety unless he passed on the message. He sought out a heavy-drinking local surgeon named Bob and told him the story to date. They sat down and formulated a program for staying sober -- a program featuring twelve Suggested Steps and called Alcoholics Anonymous. Bill devoted full time to carrying the A.A. message, and the news spread. The now famous article by Jack Alexander in The Saturday Evening Post of March 1, 1941, made it nationally known, and by 1944 there were A.A. groups in the major cities. In June of that year an inebriate mining engineer whom we'll call Houston `hit bottom' with his drinking in Montgomery, Alabama, and the local A.A.'s dried him up. Houston gobbled the A.A. program and began helping other alcoholics. One of the drunks he worked with--a sales executive who can be called Harry--was involved not only with alcohol but also morphine. AA took care of the alcoholic factor, but left Harry's drug habit unchanged. Interested and baffled, Houston watched his new friend struggle in his strange self-constructed trap. The opiate theme of the narrative now reappears. Harry's pattern had been to a roaring drunk, take morphine to avoid a hangover, get drunk again and take morphine again. Thus he became 'hooked' – addicted. He drove through a red light one day and was stopped by a policeman. The officer found morphine and turned him over to the Federal jurisdiction, with the result that Harry spent twenty-seven months at Lexington, where both voluntary and involuntary patients are accommodated, as a prisoner. After his discharge he met Houston, and, through A.A. found relief from the booze issue. The drug problem continued to plague him. During this period, Houston, through one of those coincidences which A.A.'s like to attribute to a Higher Power, was transferred by his employers to Frankfort, Kentucky, just a few miles from Lexington. "Harry's troubles kept jumping through my brain," Houston says. 'I was convinced that the twelve Suggested Steps would work as well for drugs as for alcohol if conscientiously applied. One day I called on Dr. V.H. Vogel, the medical officer then in charge at Lexington. I

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Aug. 7, 1954	told him of our work with Harry and offered to assist in starting a group in the hospital. Doctor Vogel accepted the offer and on Feb. 16, 1947, the first meeting was held. Weekly meetings have been going on ever since.' **The Phenomenon of "Physical Dependence"** Some months later, in a strangely woven web of coincidence, Harry reappeared at 'Narco' as a voluntary patient and began attending meetings. He was discharged, relapsed, and in a short time was back again. 'This time,' he says, 'it clicked.' He has now been free from both alcohol and drugs for more than five years. Twice he has returned to tell his story at meetings, in the A.A. tradition of passing on the good word. In the fall of 1948 there arrived at Lexington an addict named Dan who had been there before. It was, in fact, his seventh trip; the doctors assumed that he'd continue his periodic visits until he died. This same Dan later founded the small but significant Narcotics Anonymous group in New York. Dan's personal history is the story of an apparently incurable addict apparently cured. An emotionally unsettled childhood is the rule among addicts, and Dan's childhood follows the pattern. His mother died when he was three years old, his father when he was four. He was adopted by a spinster physician and spent his boyhood with his foster mother, a resident doctor in a Kansas City hospital, and with her relatives in Missouri and Illinois. When he was sixteen he developed an ear ailment and was given opiates to relieve the pain. During and after an operation to correct the condition he received frequent morphine injections. Enjoying the mood of easy, floating forgetfulness they induced, he malingered. Living in a large hospital gave Dan opportunities to pilfer drugs, and for six months he managed keep himself regularly supplied. An addict at the hospital taught him how to inject himself, so for a time he was able to recapture the mood at will. He was embarrassing his foster mother professionally, however, and though not yet acknowledging the fact to himself, was becoming known locally as an addict. Sources of drugs began to close up, and one day there was no morphine to be had. He went into an uncontrollable panic which grew worse each hour. There followed muscular cramps, diarrhea, a freely running nose, tears gushing from his eyes, and two sleepless, terror-

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Aug. 7, 1954	filled days and nights. It was Dan's first experience with the mysterious withdrawal sickness which is experienced sooner or later by every addict. In one of the strangest phenomena known to medicine, the body adjusts to the invasion of certain drugs, altering its chemistry in a few weeks to a basis-called "physical dependence"-on which it can no longer function properly without the drug. How physical dependence differs from habit may be illustrated by imagining a habitual gum chewer deprived of gum. His unease would be due to the denial of habit. If he were denied gum and also water, on which he is physically dependent, he'd feel an increasingly painful craving called thirst. The drug addict's craving is called the 'abstinence syndrome,' or withdrawal sickness. In extreme cases it includes everything Dan experienced, plus hallucinations and convulsions. Withdrawal of opiates rarely causes the death of a healthy person; sudden cessation of barbiturates has been known to. The violent phase, which is usually over in two to three days, may under expert care be largely avoided. Physical dependence gradually diminishes and ordinary habit, of the gum-chewing type, asserts itself. This is the interval of greatest vulnerability, N.A. members say, to the addict's inevitable good resolutions. He has formed the habit of using his drugs when he feels low. If he breaks off medical supervision before he is physically and medically back to par, the temptation to relapse may be overwhelming. It is in this period, Dan says, that the addict most needs the kind of understanding he finds in N.A. If he yields to the call of habit, physical dependence is quickly reestablished and his body calls for ever greater doses as the price of peace. Dan went through the cycle dozens of times. Besides the half dozen withdrawals at Lexington, there were several at city and state institutions, and numerous attempts at self-withdrawal. He tried sudden and complete abstinence, the "cold-turkey" method. He tried relieving the withdrawal pangs with alcohol, and found it only cancelled out his ability to think, so he automatically returned to drugs. When he attempted withdrawal with barbiturates he 'just about went goofy.' All this, however, was to come later; in his early twenties he had no intention of giving up the use of drugs. Having been spotted as an addict in the Kansas City area, he sought fresh fields. He found a job as a salesman and traveled several Midwest states. The demands of his habit and his scrapes with the law made it hard to hold a job long. Drifting from one employment to another, he found himself, in the early 1930's in Brooklyn.

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Aug. 7, 1954	His attempts at withdrawal resulted in several extended periods of abstinence, the longest of which was three years. When off drugs Dan was an able sales executive and a good provider. He married a Staten Island girl. They had a son. Dan continued to have short relapses, however. Each new one put a further strain on the family tie. For a time, to save money for drugs, he used slugs in the subway turnstiles going to and from work. He was spotted by a subway detective and spent two days in jail. A month later he was caught passing a forged morphine prescription. As a result, he was among the first prisoner patients at the new United States Public Health Service Hospital for addicts at Lexington, when it was opened on May 28, 1935. After a year there, he made a supreme effort to be rid of drugs for good. To keep away from the temptations offered by New York drug pushers he found a job with a large Midwest dairy. He worked hard, saved his money and sent for his family. By this time, however, it was too late; his wife refused to come, and a divorce action was begun. 'Her rebuff gave me what I thought was a good excuse to go back on drugs,' Dan reports. After that, his deterioration accelerated. On his seventh trip to Lexington, in 1948, he was in a profound depression. After a month of sullen silence, he began attending the group meetings, which were a new feature at the hospital since his last trip. 'I still wouldn't talk,' he reports, 'But I did some listening. I was impressed by what Houston had to say. Harry came back one time and told us his story. For the first time, I began to pray. I was only praying that I would die, but at least it was a prayer,' He did not die, nor did he recover. Within six months of his discharge he was found in possession of drugs and sent back to Lexington for a year-his eighth and, as it turned out, final trip. 'This time things were different,' he says. 'Everything Houston and Harry had been saying suddenly made sense. There was a lawyer from a Southern city there at the time, and a Midwestern surgeon. They were in the same mood I was-disgusted with themselves and really ready to change. The three of us used to have long talks with Houston every Saturday morning, besides the regular meetings.' All three recently celebrated the fifth anniversary of their emancipation from the drug habit. Dan, conscious of what seemed to him a miraculous change of attitude, returned to New York full of enthusiasm and hope. The twelfth of the Suggested Steps was to pass on the message to others who needed help. He proposed to form the first outside-of-institution group and call it Narcotics Anonymous-N.A. He contacted other Lexington alumni and suggested

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Aug. 7, 1954	The weekly "open"-to the public-meetings are attended by ten to thirty persons-addicts, their friends and families and concerned outsiders. The room is small and, on Friday evenings when more than twenty-five turn up, crowded. There is an interval of chitchat and visiting, and then, about nine o'clock, the secretary, a Brooklyn housewife, mother and department –store cashier, opens the meeting. In this ceremony all repeat the well-known prayer: 'God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.' The secretary then introduces a leader-a member who presents the speakers and renders interlocutor's comments from his own experience with a drugless life. The speakers-traditionally two in an evening-describe their adventures with drugs and with N.A. In two months of meetings I heard a score of these case histories. I also charted the progress of a newcomer, the young musician named Tom, whose first N.A. meeting coincided with my own first reportorial visit. Within the undeviating certainties of addiction, individual histories reveal a wide assortment of personal variations. Harold, an optometrist, is a "medical" addict; he got his habit from the prescription pad of a doctor who was treating him for osteomyelitis. An outspoken advocate of psychotherapy for all, Harold absorbs a certain amount of ribbing as the groups 'psychiatric salesman.' Florence, the housewife-cashier-secretary, recently celebrated her first anniversary of freedom from morphine, which she first received twenty-five years ago in a prescription for the relief of menstrual cramps. Carl, an electrician, became interested in the effects of opium smoke thirty years ago, and reached a point where he could not function without his daily pipe. He eventually switched to heroin and his troubles multiplied. Manny, an executive in a high-pressure advertising agency, and Marian, a registered nurse with heavy administrative responsibilities began using morphine to relieve fatigue. Don, Marian's husband, regards alcohol as his main addictive drug, but had a bad brush with self-prescribed barbiturates before he came to A.A. and then, with Marian, to N.A. Pat, another young advertising man, nearly died of poisoning from the barbiturates to which he had become heavily addicted. Harold and Carl have now been four years without drugs; Manny, three; Marian, Don and Pat, one. Perhaps a third of the membership are graduates of the teen-age heroin fad which swept our larger cities a few years ago, and which still enjoys as much of a vogue as dope peddlers can promote among the present teen-age population. Rita, an attractive daughter of Spanish-American Harlem, was one of the group's first members. Along with a number of her

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Aug. 7, 1954	classmates, she began by smoking marihuana cigarettes-a typical introduction to drugs-then took heroin 'for thrills.' She used the drug four years, became desperately ill, went to Lexington and has now been free of the habit four years. Fred, a war hero, became a heroin addict because he wanted friends. In the teen-age gang to which he aspired, being hooked was a badge of distinction. He sought out the pusher who frequented the vicinity of his high school and got hooked. There followed seven miserable and dangerous years, two of them in combat and one in a veteran's hospital. In December of 1953 he came to N.A. and, he says, 'really found friends.' Lawrence's story is the happiest of all. He came to N.A. early in his first addiction, just out of high school, just married, thoroughly alarmed at discovering he was addicted, and desperately seeking a way out. N.A. friends recommended that he get "blue-grassed," an arrangement by which a patient may commit himself under a local statute to remain at Lexington 135 days for what the doctors consider a really adequate treatment. He attended meetings in the hospital and more meetings when he got home. Now happy and grateful, he thanks N.A. His boss recently presented him with a promotion; his wife recently presented him with a son. Besides the Friday open meeting there is a Tuesday closed meeting at the Y for addicts only. As a special dispensation I was permitted to attend a closed meeting, the purpose of which is to discuss the daily application of the twelve steps. The step under discussion the night I was there was No.4:'Make a searching and fearless moral inventory of ourselves.' The point was raised as to whether this step might degenerate into self-recrimination and do more harm than good. Old-timers asserted that this was not the proper application. A life of drug addiction, they said, often built up an abnormal load of guilt and fear, which could become so oppressive as to threaten a relapse unless dealt with. When the addict used step 4 honestly to face up to his past, guilt and fear diminished and he could make constructive plans for his future. The Narco meetings at Lexington have borne other fruit. There was Charlie, the young GI from Washington, D.C., who once looted first-aid kits in the gun tubs of a Navy transport en route to the Philippines and took his first morphine out of sheer curiosity. After his Army discharge his curiosity led him to heroin and several bad years; then to Lexington, where the Narco Group struck a spark. He heard about Dan's work, went to New York to see him, and on his return to Washington looked around to see what he could do. He discovered that there was a concentration of addicts in the Federal penitentiary at Lorton, Virginia. Working with Alcoholics Anonymous, which already had meetings in the prison, he

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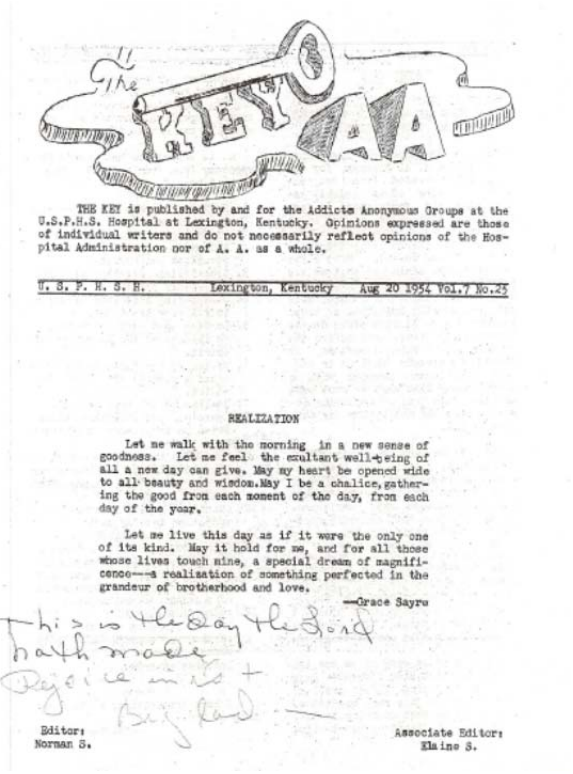
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Aug. 7, 1954	obtained permission to start a group like the one at Lexington. Now a year old, these meetings, called the Notrol Group-Lorton backward-attract the regular attendance of about thirty addicts. Washington has no free-world group, but Charlie helps a lot of addicts on an individual basis, steering them to A.A. meetings for doctrine. Friendliness of ex-drug addicts with former devotees of alcohol sometimes occurs, though Bill, the same who figured so prominently in A.A.'s founding, says a fraternal attitude cannot be depended upon. The average A.A., he says, would merely look blank if asked about drug addiction, and rightly reply that this specialty is outside his understanding. There are, however, a few A.A.'s who have been addicted both to alcohol and drugs, and these sometimes function as 'bridge members.' 'If the addict substitutes the word 'drugs' whenever he hears 'alcohol' in the A.A. program, he'll be helped,' Houston says. Many ex-addicts, in the larger population centers where meetings run to attendances of hundreds, attend A.A. meetings. The H.F.D. (Habit-Forming Drug) Group, which is activated by an energetic ex-addict and ex-alcoholic of the Los Angeles area named Betty, has dozens of members, but no meeting of its own. Individual ex-addicts who are 'making it' the A.A. way include a minister in a South-eastern state, a politician in the deep South, a motion-picture mogul in California and an eminent surgeon of an Eastern city. The role call of ex-addict groups is small. There is the parent Narco Group, Addicts Anonymous, P.O. Box 2000, Lexington, KY; Narcotics Anonymous, P.O. Box 3, Village Station, New York 14, N.Y.; Notrol Group, c/o U.S. Penitentiary, Lorton, Va.; H.D.F. Group, c/o Secretary, Bay Area Rehabilitation Center, 1458 26th St., Santa Monica, Calif. A frequent and relevant question asked by the casually interested is, 'But I thought habit-forming drugs were illegal-where do they get the stuff?' The answer involves an interesting bit of history explaining how opiates come to be illegal. In the early 1800's doctors used them freely to treat the innumerable ills then lumped under the heading, 'nervousness.' Hypodermic injection of morphine was introduced in 1856. By 1880, opium and morphine preparations were common drugstore items. An 1882 survey estimated that 1 per cent of the population was addicted, and the public became alarmed. A wave of legislation swept the country, beginning in 1885 with an Ohio statute and culminating in the Federal Harrison Narcotic Law of 1914. Immediately after the passage of this prohibitory law, prices of opium, morphine and heroin soared. A fantastically profitable black market developed. Today, $3000 worth of heroin purchased abroad brings $300,000 when

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Aug. 7, 1954	finally cut, packaged and sold in America. Among the judges, social workers and doctors with whom I talked there is a growing feeling that the Harrison Act needs to be re-examined. Dr. Hubert S. Howe, a former Columbia professor of neurology and authority on narcotics, says the statute, like the Volstead Act, "removed the traffic in narcotic drugs from lawful hands and gave it to criminals." In an address before the New York State Medical Society he asserted that the financial props could be knocked from the illegal industry by minor revisions of present laws and rulings, with no risk of addiction becoming more widespread. Doctor Howe proposes a system of regulation similar to that of the United Kingdom, which reports only 364 addicts. Meanwhile the lot of those who become involved with what our British cousins rightly call "dangerous drugs" is grim. It is just slightly less grim than it might have been five years ago. Since then a few addicts have found a way back from the nightmare alleys of addiction to a normal life which may seem humdrum enough at times, but which when lost, then regained, is found to be a glory."[222]
August 9, 1954	Narcotics Anonymous appears on WCBS radio "This Is New York" at 9:00 am.[223]
August 17, 1954	**The following appears in the Addicts Anonymous publication, *The Key*:** Dr. Manford S. writes "We have a splendid Secretary in Bozo H., who has been our immediate Past-Secretary. I can do no greater tribute to him than to pass on to you that which was told to me by one of the finest examples of what A.A. can do for the individual, and who incidentally founded this Group; Houston S., and I quote, 'Bozo has, and is making a remarkable recovery.'"[224] 

1954

DATE	EVENT
August 20, 1954	**The following appears in the Addicts Anonymous newsletter, *The Key*:** An Open Letter "Since the appearance of the article, 'The Drug Addicts Who Cure One Another" by Jerome Ellison in the August 7th issue of the Saturday Evening Post, the correspondence at our office has increased. Many wish copies of '*The Key*.' The mail to date is sufficient to show the predominating patterns of inquiring. Therefore an open letter briefly explaining our Narco Group of Addicts Anonymous should be helpful. It shou ld be stated that the group does not accept gratuities of any kind. If you have sent such, the same will be returned to you. '*The Key*' is edited by the Narco Group and made available to you through the cooperation and courtesy of the Hospital Administration. Within the space permitted, it will be necessary to state conclusions somewhat positively without apparently developing the specific premises on which the conclusions are based. Please be open minded in this respect as you read and consider the lines that follow. It may help you to keep in mind that this is one member' opinion, not necessarily that of the Group or of A.A. as a whole. Our program is patterned after Alcoholics Anonymous. No originality is claimed, or sought. In fact this group was originated by an alcoholic. We lay no claim to curing addiction to any habit forming drugs from those addicted. This we believe is accomplished only under competent medical supervision.


The KEY

THE KEY is published by and for the Addicts Anonymous Groups at the U.S.P.H.S. Hospital at Lexington, Kentucky. Opinions expressed are those of individual writers and do not necessarily reflect opinions of the Hospital Administration nor of A. A. as a whole.

U. S. P. H. S. H. Lexington, Kentucky Aug 20 1954 Vol.7 No.25

REALIZATION

Let me walk with the morning in a new sense of goodness. Let me feel the exultant well-being of all a new day can give. May my heart be opened wide to all beauty and wisdom. May I be a chalice, gathering the good from each moment of the day, from each day of the year.

Let me live this day as if it were the only one of its kind. May it hold for me, and for all those whose lives touch mine, a special dream of magnificence---a realization of something perfected in the grandeur of brotherhood and love.

---Grace Sayre

Editor: Norman S.

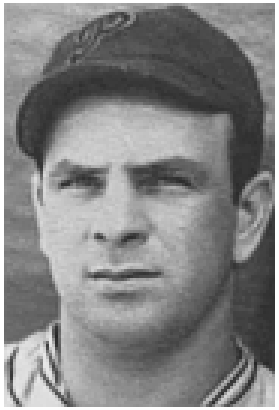
Associate Editor: Elaine S.

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Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1954

DATE	EVENT
August 20, 1954	However, when the necessary withdrawal period has been completed, it is our opinion that the program can and does, if followed, prevent relapse. Being addicts always in the sense of our high potentiality toward drugs, the possibility of relapse or slips are ever present. The program of Addicts Anonymous has a policy of considering First things First. The prevention of a relapse becomes the first consideration of our life and for twenty-four hours of the day. This mater is so paramount that we never give it thought for more than ONE DAY at a TIME. On this twenty-four hour basis only, it is possible to work our program successfully. What is the program of 'Addicts Anonymous?' It is the program of Alcoholics Anonymous. The words 'Habit forming Drug, or Drugs and Addict' being substituted for 'Alcohol and Alcoholics.' This applies to the Twelve Suggested Steps of the Alcoholics Anonymous Group and other printed AA material. Note the application of this in our 'Purpose' and 'Steps' printed in '*The Key*.' We are successful in preventing relapse only to the degree in which we increase and develop the program in our daily lives. Regular attendance at meetings of the Group is a MUST. Final emphasis is placed upon the Daily Study and Actual application to ourselves of the Twelve Steps, and reciting our Prayer. The days of application must be consecutive, the steps considered concurrently each twenty-four hour period. The way of the sincere Addicts Anonymous is NOT easy. Our life is not one of good intentions. It is a life of Action with a Purpose and we have but one purpose: A desire to remain free of all habit forming drugs. Dr. Manford S."[225] **(Author's Note: Dr. Manford S. is referring to Houston S. when he states that this group was orginated by a member of Alcoholics Anonymous.)**

1954

DATE	EVENT
August 20, 1954	**The following reference to Betty T. of the Habit Forming Drugs Group of Alcoholics Anonymous and former patient at the Narcotic Farm in Lexington, appears in the Addicts Anonymous newsletter, *The Key*:** The Mailbag "Several long and informative letters have been received from Betty T. of Santa Monica, Calif. You're doing an excellent job and we are proud of you."[226]
September 23, 1954	 Cy M. is elected Chairman at a special meeting held at 7:15 pm at the home of Frank Ce. Present at the meeting: Cy M., Scott K., Frank Ce., and Peggy K. Bud P. resigned from Chairman responsibilities. "Discussion of Monday night meeting in Sun Valley decided to close the meeting by majority vote. Possibilities of opening a meeting in Hollywood."[227]
September 30, 1954	"A regular meeting of Narcotics Anonymous will be presented over Channel 11 on Monday evening from 9 to 9:30 o'clock. Daniel Carlsen, executive director of the National Advisory Council on Narcotics, will provide in a round table discussion between confirmed addicts and parent of addicts. Most panel members will wear masks during the program."[228]

1954

DATE	EVENT
October 16, 1954	**The following article by Sanford Watzman, "Probation Officials Forming 'Narcotics Anonymous' Body," appears in the *Cleveland Plain Dealer*:**

"A Narcotics Anonymous group for Cleveland dope addicts is being organized by the Municipal Court probation department in an attempt to emancipate the emotional slaves of heroin, marijuana and other drugs.

Chief Probation Officer Angelo J. Gagliardo and Floyd B. Oliver, a member of his staff who specializes in dope cases, have been laying the groundwork for the organization and expect initial meetings to be held after the first of the year.

Termed as experiment by Gagliardo, the group would be organized along lines similar to that of Alcoholics Anonymous and the Narco clubs in New York and at the Lexington (Ky.) federal treatment center.



CLEVELAND PLAIN DEALER, SATURDAY, OCTOBER 16, 1954

By Folger

Probation Officials Forming 'Narcotics Anonymous' Body

BY SANFORD WATZMAN

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Termed as "experiment" by Gagliardo, the group would be organized along lines similar to that of Alcoholics Anonymous and the "Narco" clubs in New York and at the Lexington (Ky.) federal treatment center.

It would be the first group of its kind in Cleveland with a reasonable chance to succeed. Three years ago a former addict here tried to set up such a group, but it floundered with only six members and finally was disbanded.

The probation department will refer defendants who volunteer for membership to the group, but otherwise will pursue a hands-off policy, Oliver said.

Addicts who join Narcotics Anonymous will elect their own leaders and will not have a probation supervisor at their meetings. As in the alcoholics organization, their best hope for a cure would be in helping themselves

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Gagliardo and Oliver undertook the experiment because, they said, their experience with drug addicts had been

DATE	EVENT
October 16, 1954	discouraging. The addicts do not respond to the same rehabilitative program as other defendants. Although the number the number of repeat offenders among probationers as a whole is only 8% or 9% the recidivistic rate among drug addicts here is about 25%. As between addicts and alcoholics, their basic personalities are the same, according to the probation officers. They turn to either drink or dope in an attempt to escape reality."[229]
November 1, 1954	Lynn moves to Montreal and shortly thereafter meets two other ex-addicts attending AA meetings. She has a little literature that Danny C. had sent her, but had no intention of trying to start an NA group. One of these ex-addicts, a psychiatrist, calls Lynn to say that perhaps they have enough to start an NA group and that they could hold meetings in his apartment.[230]
December 23, 1954	First Narcotics Anonymous meeting in Montreal is held with two people attending. Lynn had to work that night so she made contact with them via phone.[231]
Late 1954	Reverend Jenks, of St. Mark's church in Chicago, starts Narcotics Anonymous, "a program of rehabilitation for men who had been released from the hospital at Lexington or the county jail and had already become clean of the habit."[232]  Father Jenks Combines Religion and Hypnotism in Unique 'Narcotics Anonymous' Project

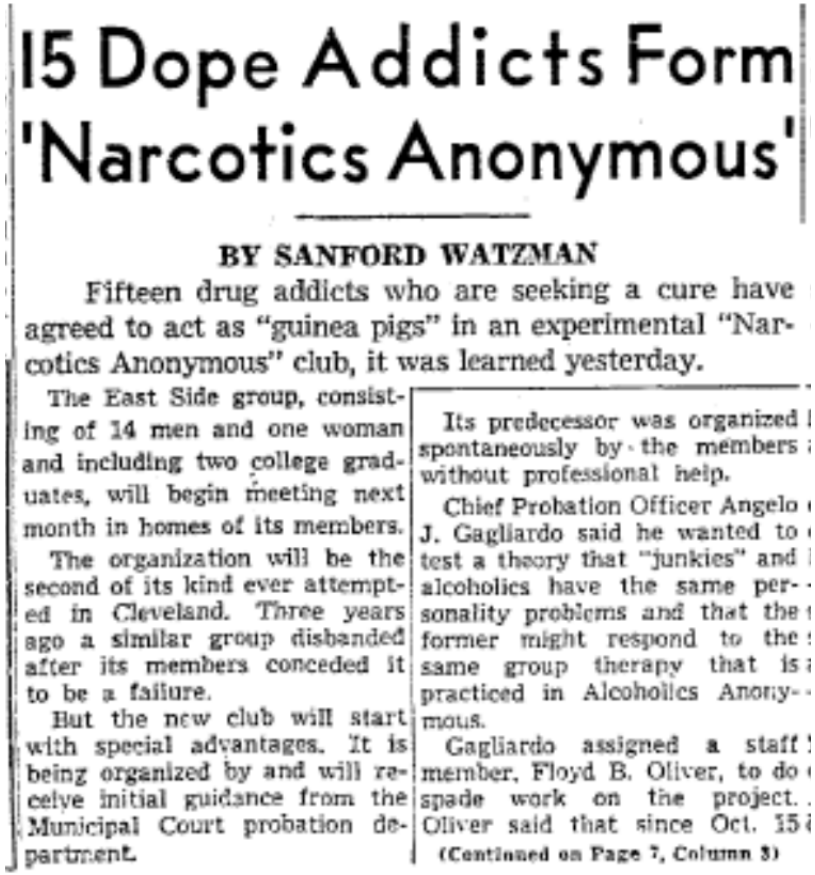
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1955

DATE	EVENT
1955	**A document titled "Service Committee – Thursday Meetings." Not positive that this refers to Narcotics Anonymous but came from Jimmy K. personal archives.** Contained in this document are dates and leaders for 1955. February 3, 1955 Claire E. February 10, 1055 Jim K. February 17, 1955 Jack C. February 24, 1955 Bud H. March 3, 1955 Wally G. March 10, 1955 Claire E. March 17, 1955 Jim K. March 24, 1955 Jack C. March 31, 1955 Bud H. April 7, 1955 Wally G. April 14, 1955 Claire E. April 21, 1955 Jim K. April 28, 1955 Jack C. Alternates Kay N. and Cy M. "All speakers will be members of Alcoholics Anonymous. No paid speakers."[233]
1955	**The Alcoholics Anonymous General Service Headquarters World Directory lists the Habit Forming Drugs Group of AA, in Santa Monica:** "H.F.D. Group – Betty T., 1319 14th St. 'D' (Exbrook 5-2163)" Membership is listed at 20. Contributions are listed at $16.00[234]

1955

DATE	EVENT
January 5, 1955	**The following article written by Sanford Watzman, "15 Dope Addicts Form Narcotics Anonymous," appears in the *Cleveland Plain Dealer*:**



15 Dope Addicts Form 'Narcotics Anonymous'

BY SANFORD WATZMAN

Fifteen drug addicts who are seeking a cure have agreed to act as "guinea pigs" in an experimental "Narcotics Anonymous" club, it was learned yesterday.

The East Side group, consisting of 14 men and one woman and including two college graduates, will begin meeting next month in homes of its members.

The organization will be the second of its kind ever attempted in Cleveland. Three years ago a similar group disbanded after its members conceded it to be a failure.

But the new club will start with special advantages. It is being organized by and will receive initial guidance from the Municipal Court probation department.

Its predecessor was organized spontaneously by the members without professional help.

Chief Probation Officer Angelo J. Gagliardo said he wanted to test a theory that "junkies" and alcoholics have the same personality problems and that the former might respond to the same group therapy that is practiced in Alcoholics Anonymous.

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(Continued on Page 7, Column 3)

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1955

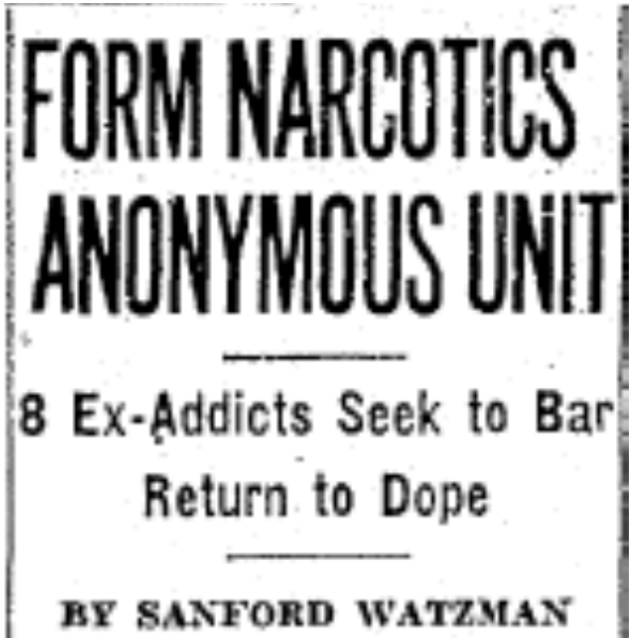
DATE	EVENT
January 5, 1955	Gagliardo assigned a staff member, Floyd B. Oliver, to do spade work on the project. Oliver said that since October 15 he had tried to interest 28 addicts in the idea. Only three wanted no part of it, Oliver continued. Besides the 15 who said they would join, 10 adopted a wait and see attitude. Aiding Oliver in the project is one of the college graduates, a 25-year-old industrial chemist, who agreed to become provisional chairman of the club. Officers will be elected by the members at their first meeting. According to Oliver, the chemist first tried marijuana cigarettes for the thrill four years ago. Later he graduated to heroin, but he has been abstaining on his own will power since he was arrested for the first time recently. He comes from an excellent family background, Oliver related. The addiction was interfering with his career and making his home life unhappy, so he decided to stop. Now he feels like a missionary and wants to show others it can be done. He made the same initial mistake as other unfortunate persons. He thought he would just toy with the drugs and never imagined they could become a habit with him. Oliver pointed out that all the 15 are victims of a mild addiction. He said the club might help others in a similar plight, but only if they were sincere. They'll be strictly on their own, Gagliardo added. My staff members will remain in the background and give aid only when it is solicited. All the names will be kept secret. Gagliardo hopes the club will reach prospective members who have already been at treatment centers like the federal hospital in Lexington, Ky. Many of these persons come out cured, he said, but they return to the habit after resuming their old friendships. Narcotics Anonymous might work if it becomes a substitute for the old social ties.[235]

1955

DATE	EVENT
January 18, 1955	Betty T. letter to Bill W. expressing concern regarding violating traditions over inclusion of her name in Saturday Evening Post Article on N.A.; notes that Houston S. was equally upset about use of his name. Includes in letter: :I'm happy to report Bill, that more and more people in this area are accepting the addict to either narcotics or sedatives (barbiturates) and trying to help them, many are successful, and we are becoming more and more aware of the dangers of drugs to the alcoholic. Many older members of AA that have been sober for long periods of time, are not telling of former addictions!"[236]
January 21, 1955	**The following excerpt appears a report titled "Description of Hospital Treatment Program" given by Dr. Joseph Sturgell (Clinical Director, U.S. Public Health Service Hospital, Lexington, KY) to the Committee on Drug Addiction and Narcotics, National Academy of Sciences – National Research Council:** "3. Staffing evaluation and program planning a. Case presentation b. Program of treatment (1) Intensive psychotherapy (2) Group therapy (3) Additional studies as indicated (4) Vocation assignment (5) Dormitory assignment if important in individual cases (6) Fulfill educational needs of limited extent (7) Addicts Anonymous c. Prognosis" p. 1034 <u>Discussion</u> Dr. Starr expressed interest in the organization known as Addicts Anonymous, because of his feeling that Alcoholics Anonymous did a better job than medical facilities in the treatment of chronic alcoholics. _____. The Addicts Anonymous group was started at Lexington by the visits of representatives of Alcoholics Anonymous. Other Addicts Anonymous groups exist in other places but attempts have been made to have the addict group

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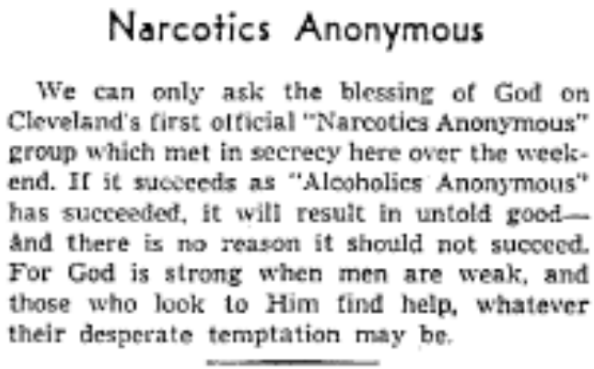
1955

DATE	EVENT
January 21, 1955	included in existing branches of Alcoholics Anonymous. The staff of the hospital have kept hands entirely off the Addicts Anonymous organization which was currently run by a doctor who is a patient. As to the size of the group no statistics or records are kept. Extent of success was only known as ex-members wrote back or revisited the hospital. A leader of Addicts Anonymous had commented that the group had never had an initial success; that these people always fail at least once before succeeding."[237] p. 1036
February 1955	The Narcotics Anonymous group in Montreal is given use of the classroom at Loyola College where an Alcoholics Anonymous group had met for 14 years.[238]
February 1955	**The following article written by Sanford Watzman, "Form Narcotics Anonymous Unit," appears in the *Cleveland Plain Dealer*:** "A college-trained chemist, two Korean War veterans, a barber, three tradesmen and an unemployed person met in secrecy here over the week end and organized Cleveland's first official Narcotics Anonymous group. (Author's note – this article is dated March 1, 1955. It is assumed that "over the weekend" places this at the end of February). Under the guidance of a Municipal Court probation officer, the members – their names were not disclosed – voted to meet every second week in their own homes and gave each other pledge tasks in an attempt to set up an activities program. Floyd B. Oliver, the probation officer, said none of the members were currently users of drugs. He said their hope was to influence each other in such a way that none would return to the habit. Identifying them by numbers, Oliver gave their synopses of their case histories:  FORM NARCOTICS ANONYMOUS UNIT 8 Ex-Addicts Seek to Bar Return to Dope BY SANFORD WATZMAN

1955

DATE	EVENT
February 1955	No. 1 – A 39-year-old auto mechanic who attended college, this and a church worker. After an addiction lasting seven years, he was cured in 1949 at a federal hospital. He is married and has four children. No. 2. – This member, wounded in the Korea fighting, became addicted while in the service. He was arrested for the first time in 1953 and has recently returned from a federal hospital. He is 32. No. 3 – Youngest of the group, this 19-year-old youth a factory worker, was asked to join the organization after he was arrested for the first time with marijuana cigarettes in his possession. No. 4 – Until this 27-year-old man got a grip on himself, Oliver said, he was threatened with the loss of his job as an industrial chemist. He managed to cure himself, altohough his addiction lasted seven months. No. 5 – This member, who operated his own barbershop, was introduced to the habit by one of his customers. Before he was arrested and sentenced to the workhouse for three months, he smoked about a dozen marijuana cigarettes. He is 28. No. 6 – Recently released from a private hospital, this man, a 40-year-old machinist, is under doctor's care. Not too self-confident, he indicated to the probation officer that he feared he might slip back into the habit. No. 7. – This man, 23, is also a Korean War veteran. He, too, became addicted while serving overseas. Sentenced to the workhouse for petit larceny, he old Oliver he stold money so he could buy dope. No. 8 – This member, 26, is a former small-time peddler of drugs, Oliver said. He and Nos. 6 and 7 were admitted to the group on a probationary basis, according to the officer. Oliver and his superior, Chief Probation Officer Angelo J. Gagliardo, who is quarterbacking the effort, have pointed out that they do not regard Narcotics Anonymous as a panacea for the drug problem.[239]

1955

DATE	EVENT
March 2, 1955	 Narcotics Anonymous We can only ask the blessing of God on Cleveland's first official "Narcotics Anonymous" group which met in secrecy here over the week-end. If it succeeds as "Alcoholics Anonymous" has succeeded, it will result in untold good—and there is no reason it should not succeed. For God is strong when men are weak, and those who look to Him find help, whatever their desperate temptation may be. **The following appears in the *Cleveland Plain Dealer*:** "We can only ask the blessing of God on Cleveland's first official Narcotics Anonymous group which met in secrecy here over the weekend. If it succeeds as Alcoholics Anonymous has succeeded, it will result in untold good – And there is no reason it should not succeed. For God is strong when men are weak, and those who look to Him find help, whatever their desperate temptation may be."[240]
March 5, 1955	**The following article by Sanford Watzman, "Judge Maps Dope Addict Mental Care," appears in the *Cleveland Plain Dealer*:** "Municipal Judge Perry B. Jackson proposed yesterday to treat certain dope addicts as mental patients and have them committed to Cleveland Receiving Hospital…The judge added that this effort would parallel the Narcotics Anonymous experiment, now being conducted by Gagliardo and Oliver, and perhaps tie in with it. That group is also for those addicts who are attempting to help themselves…We want to be able to step in and to relate these persons to something other than their old environment, such as in the Narcotics Anonymous experiment."[241]
March 9, 1955	**The following excerpt is from an article in *Down Beat* about Stan Getz – "I Have the Right Band, Attitude Now, Says Getz:"** "Stan talks frankly about his past mistakes, and he also has direct views on the problem of narcotics in general. 'A lot of people,' he begins, 'want to read and talk about the things that happen to people when they're addicted, but they don't really want to know what causes it. I mean, they want to know about narcotics in terms of sensational stories, but they don't want to take the effort and time to probe deeper into the roots of the problem. It's this lack of knowledge, this lack of accumulated data on narcotics addiction that makes treatment difficult now. Psychiatrists and doctors still know very little about it.

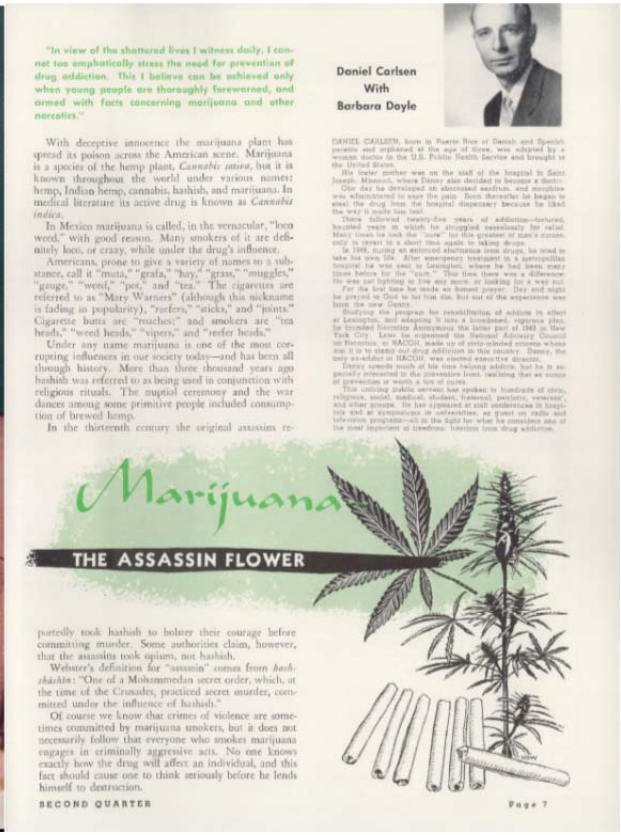
1955

DATE	EVENT
March 9, 1955	 There are some valuable beginnings. Narcotics Anonymous, for example, is great, but so far it's too small, there aren't enough chapters. And there are doctors who are beginning to collect data. I know of three in the New York area who are giving out prescriptions for the stuff you need to kick it. They keep in touch with the addicts and with Danny Carlson (sic) of Narcotics Anonymous. At the same time, these doctors are both helping people and gathering information on the basis of which they may be able to help even more in the future. 'The whole problem should be more out in the open,' Getz asserts. 'There should be more doctors like these three helping to get people off it, finding out more about it, and there should be clinics or something like that to which addicts could go. The only other thing that might cure an addict is a year in jail. I know. But even that's not sure. A jail can either cure or kill you mentally. Some come out full of vengeance, and go back to narcotics to defy society some more. I was lucky. I had something to come back to. A family and a career.' 'But one thing I want to make sure to say is that if a guy is on, all hope of help is not gone. There are places like NA where he can go. What we need is more of those places and more research and active work in the field so that doctors and psychiatrists can know how best to treat an addict. Also needed are more people concerned with the problem itself, and not with the headlines alone.'"[242]
1955	NYC NA meetings forced to move when Lowenstein Cafeteria closes; they move to the McBurney Branch YMCA for a weekly meeting and hold meetings on the Staten Island Ferry.[243]

1955

DATE	EVENT
Spring 1955	The other two members of the Narcotics Anonymous group in Montreal decided to go back to Alcoholics Anonymous. Lynn A. continues to hold the meeting in case anyone shows.[244]
April – June 1955	Marijuana – The Assassin Flower by Daniel Carlsen with Barbara Doyle appears in the American Temperance Society publication *Listen – A Journal of Better Living*.[245]





1955

DATE	EVENT
May 25, 1955	**The following excerpt is from testimony given by Dr. Harris Isbell, (Director of Research, U.S. Public Health Service Hospital, Lexington, KY) to the Senate Special Committee on the Traffic in Narcotic Drugs in Canada. While Dr. Isbell refers to Narcotics Anonymous, it was Addicts Anonymous that was formed and operated at the U.S. Public Health Service Hospital in Lexington, KY.** Dr. Isbell: "…Within the institution we also have what is known as 'Narcotics Anonymous.' You might call this, perhaps as one way of looking at it, say, self-administered psychotherapy. They were founded within our institution by the Alcoholics Anonymous group at Frankfort, Kentucky, which is some 20 miles away from our institution, and it has operated within the institution ever since. Narcotics Anonymous has also established branches in some of our large cities, notably New York. Other addicts who are in the Narcotics Anonymous program – if there is no Narcotics Anonymous chapter in their area, which is frequently the case – are sent to the Alcoholics Anonymous groups, wherever they may be. The Alcoholics Anonymous groups are willing to accept these addicts who have been in the program, and who are apparently making some progress. Ordinarily, this Narcotics Anonymous group constitutes about 100 men out of our total population of 800 or 900 male addicts…"[246]
May 26, 1955	Thirty-five high school students from Norfolk, Neb., toured the "air-conditioned" headquarters of the United Nations. "The students are having other unusual glimpses of New York. Their itinerary includes all the usual objectives of sightseers, plus a 3 A.M. call for an early morning at the markets; a trip through the Lower East Side, with visits to a flophouse, and a Protestant mission; a talk by a member of narcotics anonymous about how one becomes an addict, and the cure; and a discussion of hobo lingo by Hobo Slim."[247]
June 2, 1955	**The following excerpt is from testimony by Robert Curran, Legal Adviser to the Department of National Health and Welfare in Canada, given to the *Illicit Narcotics Traffic* hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary, United States Senate:** **The following is an excerpt from Notes on Investigation by Senate Committee, prepared by Senator Tom Reid of the Canadian Senate and delivered by Robert Curran:**

1955

DATE	EVENT
June 2, 1955	"A number of witnesses who have had experience in dealing with drug addiction and with alcoholism pointed out many areas of similarity both as regards the types of individuals who became addicted to one or the other and of the difficulties which all encounter in being successfully treated. The great success of Alcoholics Anonymous in helping a number of alcoholics to abstain from the use of alcohol was pointed out by a number of witnesses as offering a possible parallel approach to the problem of the drug addict. Narcotics Anonymous has had a small beginning in 1 or 2 areas in Canada, but unfortunately has insufficient numbers of members to provide the complete supportive care which individuals require in times of temptation, stress, and strain. The representative of a welfare society, the John Howard Society in the city of Montreal, who is a psychiatrist and has had considerable experience in dealing with alcoholics as well as drug addicts, pointed out, however, that in the initial stages of Alcoholics Anonymous similar difficulties were encountered. He advocated strongly the development of Narcotics Anonymous as an aid to the solution of the problem, but with this time there should still be provided treatment facilities which in turn would include quarantine of the addict for an indeterminate but lengthy period." p. 67 **The following is testimony provided by Senator Curran:** "Mr. Curran. Well, as I say, I would advocate that if it were possible and practicable, but I see so many difficulties, and mind you, on an individual basis I see there are possibilities with individuals of doing that, but I don't think, as a general policy, you could simply issue that as a form of condition of parole. I think that there must be exceptions made. But, of course, that again comes back to some of the proposals. Now, one of the doctors last week in Montreal, who has had some experience with this, he said that he thought that the time of incarceration, and I use that expression – or committal, rather – should be perhaps not less than 5 years for a confirmed addict. He would not be optimistic of any institutional treatment was of a fairly long duration. He brought out another thing which was interesting, that perhaps I can just take a moment to explain. He drew a parallel between Narcotics Anonymous and Alcoholics Anonymous, and he said that from his experience with Alcoholics

1955

DATE	EVENT
June 2, 1955	Anonymous, ranging over many years, that he would hold out some hope that if Narcotics Anonymous could ever become firmly established with a nucleus of reformed addicts, that he thought a great number of people, or a number of people – I should qualify it by saying 'a number of people' – could receive help, the same as the alcoholics have done through Alcoholics Anonymous. He, however, did not offer that as an alternative to any other form of treatment, but merely something that might well go along in the followup (sic) or supportive period when the individual really needs a helping hand."[248] p. 74 – 75
June 20, 1955	**The following excerpt is from the Senate of Canada, proceedings of the Special Committee on the Traffic in Narcotic Drugs in Canada and is reprinted in the appendix of *Hearings before a Subcommittee of the Committee on Ways and Means, House of Representatives, Eighty-Fourth Congress on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines*, October 13, 14, 18 & 19, 1955; November 4, 7, 8, 10, 11, 14, 16 & 17, 1955; December 14 & 15, 1955; and January 30, 1956:** "The Honorable Arthur L. Beaubien, Speaker pro tem Excerpts from the report of a special committee of 23 senators on the traffic in narcotic drugs in Canada. Extent of addiction Commissioner Nicholson, in discussing the results of a study made of 2,009 criminal addicts, stated that only 341 of this number were first convicted under the Opium and Narcotic Drug Act, 1,220 were first convicted first for some other offense, and the balance of the 478 were addicts with criminal records other than narcotic drug convictions. As was explained by the commissioner, of the 2,009 cases studied, 1,668 involved people who were very probably criminals before they were addicts. Treatment proposals Suggestions for treatment ranged all the way from the legal supply of drugs to the total segregation of all criminal addicts. The committee considered proposals to alleviate the drug problem that was submitted to it. These proposals included such matters as (a) the removal and segregation of all convicted addicts to an institution, far removed from any area of general

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June 20, 1955	population, preferably on an island for long periods of time, coupled with some system of parole, where rehabilitation was indicated; (b) establishment of a treatment center far removed from cities, with provisions for compulsory confinement or isolation and control of an addict over a number of years, such an institution should emphasize mental care, complete rehabilitation, and training for useful occupation; (c) provision for withdrawal treatment in general hospitals, establishment of a rehabilitation residence for men, foster home care for women; (d) narcotic clinics; (e) the British system; (f) community action; (g) education; (h) group therapy, such as is carried on by Alcoholics Anonymous and Narcotics Anonymous. The committee in making special reference to certain of these proposals also commends for careful study the evidence of those witnesses who spoke on the question of the treatment of drug addicts…" p. 1518 *Narcotics Anonymous and Alcoholics Anonymous* The committee heard evidence that group therapy was of considerable advantage in the treatment of drug addicts. Two organizations which provide opportunities for group therapy are Alcoholics Anonymous and Narcotics Anonymous. Because there are many common factors in drug addiction as well as in alcoholism, both Alcoholics Anonymous and Narcotics Anonymous hold some promise for the rehabilitation of drug addicts. Both of these organizations aim to develop in the individual a desire to be cured. Alcoholics Anonymous has been operating with commendable success for sometime (sic) and beginnings have been made to establish chapters of Narcotics Anonymous. Of particular interest in this connection was the evidence of Dr. A. W. MacLeod of the John Howard Society of the Province of Quebec, and Dr. L.P. Gendreau, Deputy Commissioner of Penitentiaries. One of the difficulties encountered in the establishment of Narcotics Anonymous was the difficulty in finding sufficient number of addicts who were abstinent from the use of drugs for a sufficient length of time to provide a nucleus for successful group therapy. The committee desires to encourage those engaged in this work and to express the hope that their efforts will meet with success."[249] p. 1520

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DATE	EVENT
June 23, 1955	**The following excerpt is from Minutes of the Proceedings of the Senate of Canada, reprinted as an appendix in *Illicit Narcotics Traffic* hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary, United States Senate, Part 5, in New York City, September 19, 20, and 21, 1955. This excerpt is also reprinted as an appendix in *Hearings before a Subcommittee of the Committee on Ways and Means, House of Representatives, Eighty-Fourth Congress on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines*, January 30, 1956, p. 1518.** "The Honorable Arthur L. Beaubien, Speaker pro tem Excerpts from the report of a special committee of 23 senators on the traffic in narcotic drugs in Canada. Extent of addiction Commissioner Nicholson, in discussing the results of a study made of 2,009 criminal addicts, stated that only 341 of this number were first convicted under the Opium and Narcotic Drug Act, 1,220 were first convicted first for some other offense, and the balance of the 478 were addicts with criminal records other than narcotic drug convictions. As was explained by the commissioner, of the 2,009 cases studied, 1,668 involved people who were very probably criminals before they were addicts. Treatment proposals Suggestions for treatment ranged all the way from the legal supply of drugs to the total segregation of all criminal addicts. The committee considered proposals to alleviate the drug problem that was submitted to it. These proposals included such matters as (a) the removal and segregation of all convicted addicts to an institution, far removed from any area of general population, preferably on an island for long periods of time, coupled with some system of parole, where rehabilitation was indicated; (b) establishment of a treatment center far removed from cities, with provisions for compulsory confinement or isolation and control of an addict over a number of years, such an institution should emphasize mental care, complete rehabilitation, and training for useful occupation; (c) provision for withdrawal treatment in general hospitals, establishment of a rehabilitation residence for men, foster home care for women; (d) narcotic clinics; (e) the British system; (f) community action; (g) education; (h) group therapy, such as is carried on by Alcoholics Anonymous and Narcotics Anonymous. The committee in making special reference to certain of these proposals also commends for careful study the evidence of those witnesses who spoke on the question of the treatment of drug addicts…"[250]

1955

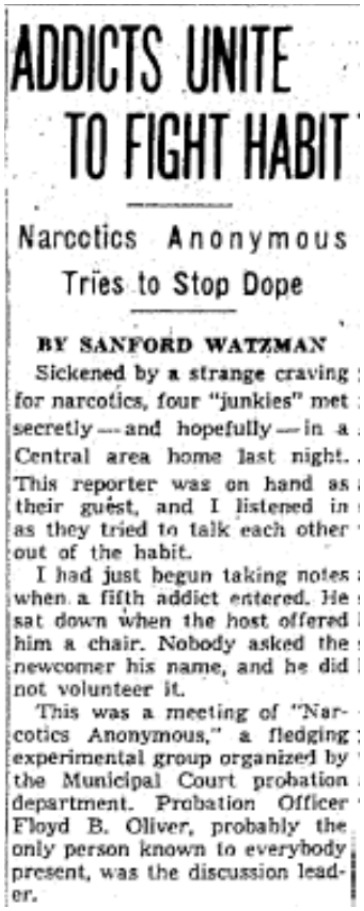
DATE	EVENT
June 24, 1955	**The following excerpt is from testimony of an undisclosed witness given to the *Illicit Narcotics Traffic* hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary, United States Senate:** "Senator O'Mahoney. Do you consider yourself an addict? The Witness. No – well, I think that I go along with the Narcotics Anonymous, which concludes that any addiction is always potential. In other words, you can always be subject to it…"[251]
July 19, 1955	**The following article by Sanford Watzman, "Narcotics Anonymous Said to Help Its Eight Members," appears in the *Cleveland Plain Dealer*:**  'ELAND PLAIN DEALER, TUESDAY, JULY 19, 1955 Narcotics Anonymous Said to Help Its Eight Members BY SANFORD WATZMAN Eight charter members of Cleveland's experimental "Narcotics Anonymous" group have apparently conquered the drug habit after six months, it was reported yesterday. Municipal Judge Perry B. Jackson, presiding judge of Police Court, and Angelo J. Gagliardo, chief probation officer, joined in terming the project a "very encouraging success." Reviewing a progress report submitted by Floyd B. Oliver, a probation officer who has acted as "sponsor" of the group, Gagliardo announced that "Narcotics Anonymous" would become a permanent organization and that its membership would be expanded. The eight charter members, Oliver said, had been heroin addicts for an average period of one year. Five had already received treatment in the federal hospital at Lexington, Ky., while three pleaded for an opportunity to join the group in lieu of hospitalization. As in Alcoholics Anonymous, all participants were urged to take on leadership responsibilities so as to increase their awareness of their own problem and to give them a feeling that they were helping others to avoid the same mistake, Oliver continued. "Eight charter members of Cleveland's experimental 'Narcotics Anonymous' group have apparently conquered the drug habit after six months, it was reported yesterday. Municipal Judge Perry B. Jackson, presiding judge of Police Court, and Angelo J. Gagliardo, chief probation officer, joined in terming the project a very encouraging success. Reviewing a progress report submitted by Floyd B. Oliver, a probation officer who has acted as 'sponsor' of the group, Gagliaro announced that 'Narcotics Anonymous' would become a permanent organization and that its membership would be expanded. The eight charter members, Oliver said, had been heroin addicts for an average period of one year. Five had already received treatment in the federal hospital at Lexington, Ky., while three pleaded for an opportunity to join the group in lieu of hospitalization.

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July 19, 1955	As in Alcoholics Anonymous, all participants were urged to take on leadership responsibilities so as to increase their awareness of their own problem and to give them a feeling that they were helping others to avoid the same mistake, Oliver continued. 'Most of the members may be classified as 'Accidental Addicts,' the probation officer wrote, 'These are normal persons who become addicted because of their associations.' 'Friends of theirs might be drug users, and they might be persuaded to start using drugs because they want to be part of the gang." Inadequate Persons "They have no real desire for the drugs. These individuals come from broken homes. They are unhappy, insecure, inadequate, and find little satisfaction in life. It is significant that no member has been called to the court's attention for narcotics, although they live in the same neighborhood and know essentially the same people. On the other hand, several individuals who have attended meetings at the invitation of members have been arrested for narcotics. We feel this is due to lack of sincerity of purpose. 'One basic factor on which we operate is that the individual must want help. If we find such a person our chances for success with him are noticeably enhanced.' 'We feel that if only one person is helped through this form of group therapy the group is successful.' Both Gagliardo and Oliver, who has devoted much of his leisure time to the project, emphasized that 'Narcotics Anonymous' was not a 'cure-all' and that it could be helpful only in certain restricted cases. Formerly gathering in members' homes, the members are now meeting in quarters provided by the Salvation Army."[252]

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August 6, 1955	**Another article by Sanford Watzman, "Addicts Unite To Fight Habit," appears in the *Cleveland Plain Dealer*:** "Sickened by a strange craving for narcotics, four 'junkies' met secretly – and hopefully – in a Central area home last night. This reporter was on hand as their guest, and I listened in as they tried to talk each other out of the habit. I had just begun taking notes when a fifth addict entered. He sat down when the host offered him a chair. Nobody asked the newcomer his name, and he did not volunteer it. This was a meeting of 'Narcotics Anonymous,' a fledging experimental group organized by the Municipal Court probation department. Probation Officer Floyd B. Oliver, probably the only person known to everybody present, was the discussion leader. 'Every time we think of narcotics,' Oliver began, 'we think of the reasons why people become addicted. Very often dope is an escape mechanism that keeps the user away from reality.' Oliver spoke casually and conversationally. He reminded his listeners they were there because they had chosen to come, and he emphasized that neither their presence nor absence at any meeting would affect their official relationship with him. 'You are in this group for one reason,' he went on, 'You want to help yourselves, and you think you can do it. All of us know this by now – that eventually the individual overcomes his problem completely, or he is lost completely.' 'When you finally determine you are not going to have any further contact with the stuff, that's where your real problem starts. That's when you begin to deal with your underlying frustrations that brought you to this point.'  ADDICTS UNITE TO FIGHT HABIT Narcotics Anonymous Tries to Stop Dope BY SANFORD WATZMAN Sickened by a strange craving for narcotics, four "junkies" met secretly — and hopefully — in a Central area home last night. This reporter was on hand as their guest, and I listened in as they tried to talk each other out of the habit. I had just begun taking notes when a fifth addict entered. He sat down when the host offered him a chair. Nobody asked the newcomer his name, and he did not volunteer it. This was a meeting of "Narcotics Anonymous," a fledging experimental group organized by the Municipal Court probation department. Probation Officer Floyd B. Oliver, probably the only person known to everybody present, was the discussion leader.

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August 6, 1955	Oliver read aloud from some material he had brought with him – a poem written by a reformed addict and sent to him, an article from the Key, publication of inmates in the federal narcotic hospital at Lexington, Ky. All but one of the addicts seemed to be listening intently. The man sitting closest to Oliver stared blankly at the opposite wall. He gave no sign of comprehension, nor of participation in the meeting. 'After I talked to you in your office,' the new man said to Oliver, 'I did a lot of serious thinking. I figured out the equation of narcotics – County Jail, the penitentiary or six pallbearers.' 'I'm still a comparatively young man with a future, and I think I'm strong enough to quit. I'll admit I've been weak, but not so much with narcotics as with the frustrations you mentioned.' 'I don't lie to feel like an outcast. It's like, when you're a kid, you're a sissy when you don't do this or that.' 'If I could get a steady job I might lick it. I'm a jack of all trades – a great beginner but a poor finisher, you know what I mean.' 'In my subconscious I can make life as beautiful as I want it, but I've decided I should come to the surface.' 'It should be incumbent on each one of us,' the host broke in, 'to find work for those in this circle who need it. I'll do my part.' Oliver told them that each monthly meeting was set up to last 45 minutes, and that the rest was up to them. Then he walked out with the reporter. The eight 'charter' members of the group, he told me later, are apparently on the road to recovery. He could not predict whether the newcomer would succeed. 'This group can be of assistance only in certain specialized cases,' he said. 'If the individual is sincere and not too far gone he might gain courage by watching the others succeed.'''[253]

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August	**1955**	Article by Betty T. (Habit Forming Drugs Group), titled From the Grass Roots, appears in the *A.A. Grapevine*. She writes "there is an answer for us, if we sincerely desire this way of life – more than anything in this world, more than booze, sedatives or dope…I awaken in the morning free of fear, not having to hustle that first drink, that sedative, that shot of dope…nothing can become so desperate or unconquerable that we cannot find an answer without resorting to alcohol or drugs."[254]
Sept. 19, 1955	**20, & 21,**	**The following report is included as an exhibit in *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*, Eighty-Fourth Congress, First Session, Part 5 September 19, 20, and 21, 1955, New York, NY written by Morris Kuznesof, United States probation officer, southern district of New York:** "…While the patient is in the hospital everything is done to put him back into top physical condition, and psychiatric help is offered. But many patients manage to retain their old viewpoint that dope is their medicine and no man or law will prevent them from using it if they so please. Even though they have seen the effects of the use of drugs on their own bodies and in their own lives, many addicts leave the hospital unconvinced of the viciousness of habitual use. Others are convinced, but return to their old environment and associates and do not have the strength of character or willpower to resist temptation when it is put their way. An addict, who is sincerely interested in remaining off drugs needs help to bolster his good intentions. Many returned addicts would like to continue their psychiatric consultations, but there is no psychiatric followup (sic) program sponsored by the Government, and the city mental hygiene clinics are so overcrowded that returned addicts receive scant attention. Although addicts are just as much social cripples as tuberculars, or those who suffer from contagious venerial (sic) disease, there has been no organized effort to establish or enforce a treatment and control program, as in the case of venerial (sic) disease or tuberculosis, where the patient is required to submit to periodic examination as a community health measure. A limited effort at self-help has been tried through an organization similar to Alcoholics Anonymous, as well as through voluntary commitment to Lexington or Fort Worth hospitals, but with little success. Since the active addict is known to be a very real danger of infection to others, it is felt that there is a great need for positive control through early identification of addiction, registration with the proper authorities, enforced hospital treatment, and enforced posthospital (sic) supervision…" p. 2106.[255]

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Sept. 20, 1955	**The following excerpt is from testimony given by Dr. Alastair MacLEOD, of Montreal, Canada to *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 5 September 19, 20, and 21, 1955. New York, NY:** "Dr. MacLEOD…In this respect the treatment and social rehabilitation of the confirmed narcotic addict present problems similar to those encountered in the treatment of chronic alcoholism before the advent of Alcoholics Anonymous. In Canada, the John Howard Society of Quebec has chosen this aspect of the total treatment, and rehabilitation program for special efforts. It sees in organizations such as Alcoholics Anonymous the hope of practical solutions in this field and recognizes that such movements have within them the seeds of powerful socializing forces which can do much to bridge the gap between release from institution and the final return to free living existence within the community. The John Howard Society recognized that Narcotics Anonymous is but one link in the rehabilitation program. Nevertheless the society looks forward to strengthening the efforts of Narcotics Anonymous in the areas within its own special field of competence, in the hope that it will encourage other workers in the community services who have similar responsibilities in other areas, to initiate wherever possible, complementary aspects of the total community effort toward the eradication of chronic narcotic addiction. I would like to stop at this point, sir, because I feel the rest of the material could be put in the minutes later as it refers to specific cases in Montreal. Senator Daniel. Yes Dr. MacLEOD. To give you some idea of the present situation in Montreal as seen through the eyes of a social service agency providing an aftercase (sic) service to the non-Catholic population, the following particulars of released convicts suffering from narcotic addiction are presented. Of 19 admitted narcotic addicts who applied voluntarily to the society for rehabilitative assistance, and so forth – 13 were male, 6 female. Their ages ranged from 27 years to 55 years, with most in the age grouping of 40 to 49 years.

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Sept. 20, 1955	A grade-school education was most common (8) while 6 had high school and 4 university training. Three men had never been employed in legitimate work; 5 other men were laborers, 1 a skilled tradesman, 2 clerical and 2 professional. Among the female addicts 3 had carried domestic work only, while the other 3 were in the clerical field. With all 19 their work record was irregular to the extent of being almost nonexistent. Of our 19 clients, 16 had not been convicted of a criminal offense prior to becoming addicted. Two had technical offenses such as 'disturbing the peace,' and only one, from our information, had a conviction for a criminal offense as a juvenile. This evidence, although the number in our group is small, tends to go contrary to the west-coast view that addicts are delinquents before becoming addicts. All 19 cases had convictions after becoming addicted. Taking 18 of the clients in to account, the conviction totaled 173. The average conviction was 9.6 with over half the group having less than the average number of convictions. The 19th addict has had 29 convictions in the past 5 years, and the criminal records date back to 1923, with no appreciable change in the pattern of excessive delinquent behavior. The age upon which 18 of these clients first became addicted to drugs shows, almost twice the number became habitués while under 24 years of age, in fact 4 were only age 17, and 1 woman 14 years. Without exception, heroin was the narcotic used. However, six had their beginning experience with opium, marihuana, or barbiturates. Length of addiction could be determined for 18 cases. Addiction length ranged from 6 months to 33 years. The average term was 17 years. This small sample of 18 had been addicted for a total of 306.5 year (sic).

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Sept. 20, 1955	Only three have been able to secure voluntary hospital treatment for their addiction. All treatment plans were unsuccessful. One man after two unsuccessful hospitalizations, achieved abstinence after joining Alcoholics Anonymous and later Narcotics Anonymous. He has been drug-free for 3 years. The usual pattern for our clients has been relapse to narcotics and further delinquency. Fifteen have followed this course. Outside of the 1 Narcotics Anonymous member previously mentioned, 1 has also been successful through Alcoholics Anonymous and Narcotics Anonymous for 4 years, 1 had not relapsed 4 months following release from his first sentence and the fourth person returned to criminal activity while not using drugs, after 6 months of unsuccessful job hunting…" p. 1543 – 1544.[256]
Sept. 23, 1955	**The following excerpts are from testimony provided by Barney Ross, former lightweight and welterweight boxing champion of the world, to the United States Senate Subcommittee on Illicit Narcotics Traffic:** Friday, September 23, 1955 (Washington, D.C.) "Senator Daniel. Yes, we would like to have the whole story. I believe you are the first witness to appear before the committee that has taken the treatment at the narcotics hospital in Lexington, and we would like for you to give us the entire story. Mr. Ross. Well, Dr. Victor Vogel was the medical officer in charge at Lexington. I was ushered in and immediately tests were taken of me, and then came the period of withdrawal where a few times, I believe it is 3 0r 4 times during the day, they call you in line and they give you a shot of some kind of – I couldn't tell you whether it was morphine or what it was, but something to ease your pain while you have been on withdrawal to keep you from being sick…" "Mr. Ross…After about my 10th or 11th day, because I was a voluntary patient, I was allowed to leave any time I pleased. I sent a not into Dr. Vogel telling him that I thought that I was cured and I was ready to leave. He came in to visit me, and he said, 'Ross, being a champion in your time and going through war as you did, I think that you are man enough to stay here until I tell you you are ready to leave. If you leave now, you are leaving aid and me, which is against medical advice.' He said, 'I can't hold you, but listen to me and stay until I tell you to leave.' And through that gesture he immediately

DATE	EVENT
Sept. 23, 1955	knocked me out of the box and I just felt, well, I had to stay until Dr. Vogel told me I could leave. And I stayed at Lexington 120 days…" "Mr. Ross…About the third week I felt stronger and again I wanted to leave. Again Dr. Vogel came in to me and told me the same thing he told me the first time. Well, after the 120th day he came to me and he said, 'Ross, you are ready to leave now,' and I believe I had him call Mr. Blackstone in New York. Mr. Blackstone flew down t pick me up to bring me back to Chicago to see my immediate family, my mother and my brothers and sister and then back to New York. Dr. Vogel told me then that he wished me to return within 60 days for a checkup. Well, I got back to New York, and then I flew into California to see my wife and daughter again. In the meantime, she had been writing me all the time and just giving me a lot of confidence, and I received mail, letters by the thousands, from all over the entire world, wishing me luck and telling me that I would be all right, and so on and so forth. I got back and I tried to talk to my wife about a reconciliation, but in California the laws were that it took a year for the divorce to become final, and between my daughter and myself we started to beak my wife down, and right after the divorce became final we were remarried again. That was in 1948, and we are still together and everything has been lovely ever since, and I am still in the employ of Mr. Blackstone, and since he found Eddie Fisher, I have been associated with Eddie as public-relations man for him, and through the years I went back to Lexington – no; I came back to Lexington for my checkup. Dr. Vogel met me on the steps and I says, 'Dr. Vogel, you are not worrying about me being clean, are you,'' and he says, 'No. Barney, I've got confidence in you.' And I took my 72-hour test, and of course, I was clean and since then I've been back there 2 or 3 times when Dr. Vogel called me at the office and asked me to come down and talk to the boys. They had some boxing bouts there and asked me if I wouldn't come down to referee, which I did…" "Senator Butler…Now you said that in Lexington on two occasions at least you wanted to go home before you really should have gone home.

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DATE	EVENT
Sept. 23, 1955	Will you give this committee your opinion on whether or not a man who is addicted to a drug should be forcibly maintained in a hospital or should he go on a voluntary basis? Mr. Ross. Well, I believe that any addict should be incarcerated for no less than 90 days, from 90 days to 4 or 5 months, should be, and it should be mandatory, not to allow him to leave when he pleases, but I say that the man must be there because I know now and I feel it, should I have gone out against medical advice, I felt that I would become addicted all over again, because I would have gone out before my time. I would still have been a little weak and I would have been susceptible. But the time that I stayed was just perfect and I will say a prayer every night for Dr. Vogel that I am alive, I still do that…" "Senator Butler…Now do you think that clubs such as Alcoholics Anonymous, for instance, would be of any benefit to an addict who has been released from a hospital? Mr. Ross. Oh, yes, I do. I think Alcoholics Anonymous is great. I think where they just recently started the Narcotics Anonymous. I think it is wonderful. Definitely I believe in it a thousand percent. It does something for you…" "Senator Daniel…Of course the hospital officials have in a way not welcomed voluntary patients too much because they have no control over how long they stay, and therefore the officials feel like there is just a limit to what good they might be able to do. They were able to persuade you to stay. You have already said had you not agreed, had Dr. Vogel not persuaded you to stay you do not believe you would have been cured of your addiction. Mr. Ross. Correct." "Senator Daniel…Now I heard you mention a minute ago about praying every night for a certain doctor and you mentioned prayers in connection with another sentence there, Alcoholics Anonymous. Several witnesses in New York seemed to think that the entire spiritual side of the person's life and trying to get these addicts interested in God would be a help, along the lines of Alcoholics Anonymous, stressing the help that the individual can get from someone higher than all the rest of us. Do you recommend that as a means by which addicts can receive some strength elsewhere?

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DATE	EVENT
Sept. 23, 1955	Mr. Ross. Well, this is what I have seen with my own eyes. In Lexington on the Sabbath this I've seen. The church, the chapel in Lexington filled every time. Of course I'm talking about now where everybody has been off the drug already. They have been in the chapel every Sunday, every holiday, and they have been there and their prayers are there. As a matter of fact, Dr. Vogel can verify this, I played the organ, Christmas Eve I played the carols for the boys there at the chapel and the place was filled…"[257]
Sept. 23, 1955	**The following excerpt is from testimony given by Dr. Havelock Fraser (Assistant Director, Addiction Research Center, National Institute of Mental Health, Public Health Service Hospital, Lexington, KY) to *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate.* Eighty-Fourth Congress, First Session, Part 6, September 23, 1955, Washington, D.C.:** "Senator Daniel…We had a doctor before this committee not long ago who said that he was treating drug addiction by giving prescriptions for barbiturates. I am not talking about just a few, I am talking about many, and allowing patients to administer the prescriptions of the drugs. Do you think this is a practice that should not be followed? Dr. Fraser. Senator, that would be very bad practice. Senator Daniel. Do you think any doctor ought to know that? Dr. Fraser. I think he should, yes. Senator Daniel. Most doctors should. Dr. Fraser. Yes. Senator Daniel. But I might say, of course that doctor also was using more morphine and other opiates than some of the local hospitals, per year. Go ahead sir.

1955

DATE	EVENT
Sept. 23, 1955	Dr. Fraser. After withdrawal from barbiturates is accomplished, a long period of psychotherapeutic treatment designed to remove the fundamental cause of the addiction may be undertaken. Concurrently with psychiatric therapy, a rehabilitative regime is necessary; this should include vocational therapy and in younger addicts particularly, a profitable and interesting vocation assignment leading to some specialized skill will prove very helpful. Diverse forms of recreation should be made available to the patient at this time, since they are of different ages and different cultural patterns with divergent interests. If possible, a form of Addicts Anonymous of Alcoholics Anonymous organization is extremely valuable since it constitutes a form of self-administered psychotherapy. It should be borne in mind, however, that an important feature of any treatment program involves the prevention of addiction – this is the point you made – and, from the medical point of view, the physician should avoid prescribing barbiturates continuously for the relief of nervousness and insomnia, especially in the case of neurotic patients or those with histories of alcoholism. Such patients are prone to take drugs in excess and so become addicted…" p. 2156[258]
September 23, 27 and 28, 1955	The following article from 1953 is included as an exhibit in the Hearings Before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate Eighty-Fourth Congress First Session on Illicit Narcotics Traffic, Part 6, Washington, D.C.:[259] Fraser, H. F. & Grider, J. A. (1953). Treatment of Drug Addiction. *American Journal of Medicine*, 14(5), p. 571-577. **(Authors note: this article appears in *Hearings before a Subcommittee of the Committee on Ways and Means, House of Representatives, Eighty-Fourth Congress on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines,* November 4, 1955. Lexington, KY, p. 404-411.)**
October 13, 1955	**The following excerpt is from testimony given by Dr. G. Halsey Hunt, Assistant Surgeon General and Associate Chief, Bureau of Medical Services and Dr. Kenneth W. Chapman, Consultant on Narcotic Addiction, National Institute of Mental Health, United States Public Health Service to the *Subcommittee of the Committee on Ways and Means on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines.* The hospital referenced is the US Public Health Service Hospital in Lexington, KY. The unnamed person in the testimony is Houston S.** "Mr. Boggs. Has anything equivalent to Alcoholics Anonymous been brought up?

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DATE		EVENT
October	**13, 1955**	Dr. Chapman. Yes, sir. In 1947 a member of the Alcoholics Anonymous, a noble gentleman, decided that maybe this would be an experiment that should be tried with drug addicts. He came over and asked if he could work with some of the patients at the hospital. Since that time he has fought an uphill fight to get addicts accepted into Alcoholics Anonymous groups in cities. He has been very successful in many places, so that now in most large cities where there are Alcoholics Anonymous groups and where there are addicts, the addict is accepted and taken right in. He gets his basic training, if you will, in this at the hospital. There is a Narcotics Anonymous group at the hospital who keep brining patients through it and sending them on. It is constantly changing its membership except for this one public-spirited gentleman who comes over from Frankfort and provides the leadership. Yes, sir; that has a very definite role. Mr. Boggs. You feel it has been worthwhile? Dr. Chapman. Yes, sir; definitely."[260]
October	**21, 1955**	**The following excerpt is from testimony given by Harry Wood to *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 7, on October 21, 1955 in Fort Worth, TX:** "Senator Daniel. Have you ever heard of an organization patterned after Alcoholics Anonymous, Narcotics Anonymous? Mr. Wood. If I could get in one of those ---- Senator Daniel. You wish you could get in one?

DATE	EVENT
October 21, 1955	Mr. Wood. I believe I could help, anyway. Senator Daniel. Both organizations stress very strongly the value of prayer. Mr. Wood. Yes, sir. Senator Daniel. And calling on God to help you through this thing. Mr. Wood. Warden Duffie wanted to start one of them, and nobody (missing word) backed him in it. Senator Daniel. Do you think that would help? Mr. Wood. Sure it would. If I can go to a guy, and know him, and he is worth something, and he is worth saving, and if I tell him, 'Now, look what we have been through; we don't want to go through that same thing again. If you get in trouble, talk to me, and we will help each other.' Senator Daniel. And all of you try to get help from the source above us all? Mr. Wood. Have a little entertainment. Here is the trouble with most addicts: Once we are branded as an addict, nobody wants to have nothing to do with us, we are an outcast. It makes it hard on us; when you say, 'Oh, what the heck is the use? What's the use, nobody will give us a job.' You see what I am getting at? Senator Daniel. Yes, I do. Mr. Wood. We are outcasts, we are leprous, like leprosy. They are scared of us, and you can't blame us; nobody will trust an addict…" p. 3225[261]

1955

DATE	EVENT
Nov. 4, 1955	**The following excerpt is from testimony given by Clinton U. Gray, Administrative Assistant, General Services, United States Public Health Service Hospital, Lexington, KY to the *Subcommittee of the Committee on Ways and Means on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines* in the conference room of the United States Public Health Service Hospital in Lexington, KY:** "And I think it is worthy to note that some 109 patients that we now have in the hospital who are participating very actively in a groups known as Addicts Anonymous, which is affiliated with Alcoholics Anonymous, their chapter being in Frankfort, Ky. They have some very interesting speakers attend their weekly meetings and they publish their own 6-page newspaper, known as the Key."[262]
November 4, 1955	**The following article is included as an exhibit during testimony given to the *Subcommittee of the Committee on Ways and Means on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines* in the conference room of the United States Public Health Service Hospital in Lexington, KY.**[263] Fraser, H. F. & Grider, J. A. (1953). Treatment of Drug Addiction. American Journal of Medicine, 14(5), p. 571-577. (Authors note: this article appears as an exhibit in *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 6 September 23, 27 and 28, 1955. Washington, D.C., p. 2315 – 2321)
November 4, 1955	**The following excerpt is from testimony given by Dr. James Lowry, Medical Officer in Charge, United States Public Health Service Hospital, Lexington, KY to the *Subcommittee of the Committee on Ways and Means on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines*:** "I might read to you a little information about a man who was hospitalized here 13 times which I believe I mentioned to some of you. Let me tell you a little bit about him. He was admitted for the first time in 1941 at the age of 37. He left the hospital after 13 days. In 1942 he was here 3 days.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

DATE	EVENT
November 4, 1955	Again in 1942 for 3 days; 8 days in 1943; 15 days again in 1943; sixth admission in 1948, 7 days, then 8 days, and so on. However, in 1951 on his 13th admission he stayed in the hospital for 4 ½ months. All of these were voluntary admissions. He was 47 when he was discharged last time. He returned to a nearby State. He obtained a position and he has held that same position for a number of years, about 4. He is actually a highway engineer. He recently returned to talk to a group of Addicts Anonymous at this hospital. I cite this one because of the number of times the man was in the hospital before something important happened and he recovered."[264]
November 14, 1955	**The following excerpt is from testimony given by Francis K. Noblett, of Hollywood, California to *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate,*. Eighty-Fourth Congress, First Session, Part 8, November 14, 15, 16, 17 and 18, 1955, San Francisco and Los Angeles, CA:** "Senator Daniel. Will you give us your full name, please, sir? Mr. Noblett. Francis K. Noblett. Senator Daniel. Where do you live, sir? Mr. Noblett. 6326 Lexington, Hollywood. Senator Daniel. I believe that you have had the unfortunate experience of having been a drug addict. Mr. Noblett. Yes, sir.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1955

DATE	EVENT
November 14, 1955	Senator Daniel. For how many years? Mr. Noblett. About 7 years. Senator Daniel. And was that 7 years spent here in Los Angeles County? Mr. Noblett. Yes, sir. Senator Daniel. Are you off the drugs now? Mr. Noblett. Yes, sir. Senator Daniel. I believe you are on probation? Mr. Noblett. I am on parole. Senator Daniel. On parole? Mr. Noblett. Yes, sir… ….Mr. Noblett. I was a musician at one time, and I traveled around the country and I wasn't a drinker. Most of the fellows in the band were drinkers. But I wasn't. So I smoke marihuana. Senator Daniel. What did you play? Mr. Noblett. Guitar… …Senator Daniel. And how long have you been off the habit now?

1955

DATE	EVENT
November 14, 1955	Mr. Noblett. Since December 1951. Senator Daniel. Do you feel that you can stay off the habit from now on? Mr. Noblett. I don't think you know that, Senator. I think you just try. That is all. Senator Daniel. You just try? Mr. Noblett. Yes, sir. Senator Daniel. Do you happen to belong to Narcotics Anonymous? Mr. Noblett. No, sir. I attend a therapy class held by the State of California every week…"[265]
November 15, 1955	**The following excerpt is from testimony of Bela Lugosi given at the *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 8, November 14, 15, 16, 17 and 18, 1955. San Francisco and Los Angeles, Calif., p. 3727 – 3732:** "…Senator Daniel. Do you happen to belong to a narcotics anonymous (sic) organization? Mr. Lugosi. No; just AA. Senator Daniel. You belong to AA? Mr. Lugosi. Yes, I do. Senator Daniel. Alcoholics Anonymous? Mr. Lugosi. Yes, I still go to meetings just a couple of time a week.

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Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1955

DATE	EVENT
November 15, 1955	Senator Daniel. Is that for the purpose of helping you to stay off your narcotics? Mr. Lugosi. Yes. It helps me spiritually. Senator Daniel. It helps you spiritually? Mr. Lugosi. Yes. Senator Daniel. And would you recommend that for narcotics, that they either join Alcoholics Anonymous or else a similar organization which would be in the nature of a Narcotics Anonymous? Mr. Lugosi. There cannot be anything better than that because both are so powerful – alcohol and narcotics, because both are dopes – just by willpower you cannot get rid of your habit. As an alcoholic it depends upon your adrenal glands. If they do not absorb alcohol it remains in your blood system, and you are an alcoholic, if you drink one ounce or if you drink a quart. With narcotics, it is a different matter, a different way. But with narcotics, you get with spiritual power that you need for willpower, and without that it cannot be done. Senator Daniel. Now, those who would voluntarily join a narcotics anonymous (sic) organization, you believe might receive help; is that right? Mr. Lugosi. Yes. You don't join either AA or Narcotics Anonymous. You just go there and go to the meetings for the purpose that you want to get rid of your habit. Senator Daniel. I am asking you about what you recommend that we do with those who will not voluntarily go to such meetings. Do you think we should have some type of mandatory type of hospital treatment for those addicts who will not take voluntary treatment? Mr. Lugosi. Yes, I think you should, but it should be in combination with a higher power. The spiritual should be combined with the physical and medical end, because otherwise you fall back once in a while…"[266]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1955

DATE	EVENT
Nov. 15, 1955	**The following excerpt is from City of Detroit Interoffice Correspondence dated November 15, 1955 to Joseph G. Moiner (health commissioner), Albert E. Cobo (mayor); Common Council; Mayor's Committee for the Rehabilitation of Narcotic Addicts from Herbert A. Raskin, Medical Director, Narcotics Clinic, Department of Health. This correspondence is included in *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 10, November 23 and 25, 1955. Detroit, Michigan and Cleveland, Ohio, p. 4650 – 4661:** "…It is believed that equally important would be the establishment of group activity programs of the addicted persons themselves comparable to Alcoholics Anonymous. A proposed name might be Addicted Persons, Incorporated. Such programs have been initiated in various communities and institutions and early reports have been favorable…"[267]
November 18, 1955	**The following excerpt is from a report submitted during testimony of Fred Braumoeller, Inspector, Bureau of Narcotic Enforcement, Office of the Attorney General, State of California given at the *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 8, November 14, 15, 16, 17 and 18, 1955. San Francisco and Los Angeles, Calif., p. 4018 – 4043:** From "Report on the Use of Nalline (N-allyl-normorphine) in Narcotic Enforcement." "…Fifth and last, we feel that nalline tests can be used to accurately evaluate the results of such programs as Narcotics Anonymous and other group therapy experiments. This would tend to prevent false or exaggerated claims of success and keep such programs on a solid foundation..." p. 4043.[268]
November 21, 1955	**The following excerpt is from testimony given by Joseph D. Lohman, Sheriff, Cook County, Ill. to *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*, Eighty-Fourth Congress, First Session, Part 9, November 21 and 22, 1955, Chicago, Ill.:** "Mr. Lohman…I think the lessons we have learned from the work of Alcoholics Anonymous in that respect, and the gestures made recently on the part of Narcotics Anonymous, are things we should give impetus to and encouragement to, and I am hopeful on a voluntary basis, which is the only resource I have at the moment, and I am taking steps to organize

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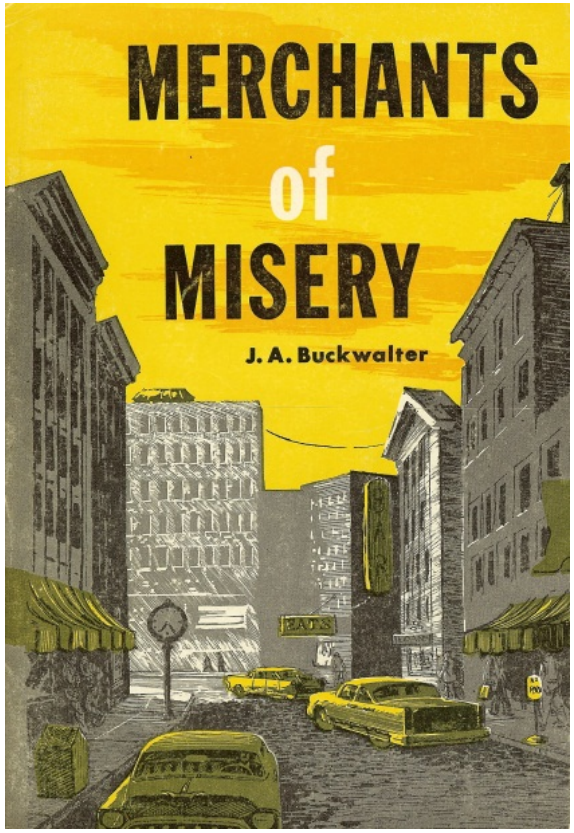
DATE	EVENT
November 21, 1955	such a tier, if you please, a community of interest on the part of those who understand the circumstances and want to do something for themselves to set against this community of those who persist in and take comfort in their addiction. Senator Daniel. I certainly hope you will be successful in that. I will agree with you hat on your narcotics users, or addicts, especially the first offenders, that we certainly ought to try to save them, give them some type of treatment, or therapy, something to save them from this. It is possible that Narcotics Anonymous would help. The thing that discourages me so much is, though, that if they ever once get on heroin they just seem to be gone. I think the treatment record runs around 10 percent, and they can't be sure of 10 percent of those who have stayed off, and actually that 10 percent, probably, if they had simply been gotten off it for a good period of time, might have stayed off anyway, because they had the mental attitude it took to stay off. What are we going to do? In Lexington there are some who have been returned for as many as 30 times to the Federal hospital, and the doctors say they are hopeless. Have your ever thought about that? Mr. Lohman. Yes; I have. Senator Daniel. What are we going to do with those who are absolutely hopeless? We don't want them back on the streets, where the can be the pawns of these peddlers again. Do you think it would be humane to have some kind of farm or some kind of colony in which these people could be kept and isolated for their own and society's good?..."[269]
November 23 and 25, 1955	**The following excerpt is from the Kenneth C. Chapman, medical officer in charge of the narcotics hospital at Lexington, Ky.; found in Office of the Attorney General State of Ohio Narcotics Newsletter and Report No. 2; VIII. Meetings of the Citizens Narcotics Advisory Committees – "Operation Orientation" which is contained in (1955) *Hearings before the Subcommittee on Improvements in the Federal Criminal Code of the Committee on the Judiciary United States Senate*. Eighty-Fourth Congress, First Session, Part 10, November 23 and 25, 1955; Detroit, Michigan and Cleveland, Ohio:** "Committee Question: What is Addicts Anonymous? Dr. Chapman Answer: Addicts Anonymous was started in 1947 by a patient at Lexington Hospital. They have been working together with Alcoholics Anonymous on the same principle, and have met with some success.[270]

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1955

DATE	EVENT
December 1955	Gradual growth of the Narcotics Anonymous group in Montreal results in a bilingual group starting in the eastside of the city.[271]

1956

Date	Event
1956	J.A. Buckwalter's *Merchants of Misery* mentions existence of Addicts Anonymous, Narcotics Anonymous, Habit-Forming Drugs, and NOTROL.[272] 
1956	A second Narcotics Anonymous group is formed in Canada. This one is in Toronto.[273]

1956

DATE	EVENT
1956	**The following excerpt is from "Canada's Senate Committee on the traffic in narcotic drugs" published in the United Nations Office on Drugs and Crime *Bulletin on Narcotics*:** "Abstract In Canada, as in many other countries, a post-war rise in crime and juvenile delinquency (sic) caused a good deal of concern to the public and the governing bodies. One component of the so-called crime wave was an increase in the convictions for offences involving narcotics. Two aspects of the problem were of special significance, that is, the possibility of young people being involved, and the actual relationship of the illicit traffic in narcotics to the crime waves. General The high quality of narcotic drug research carried on by the Department of National Health and Welfare was noted and it was suggested that Canada may become an international narcotic drug research centre for students from other countries. The Committee proposed that the Government consider the possibility of bursaries or scholarships for training of medical, probation and rehabilitation personnel. It was recommended also that the organization of Alcoholics Anonymous and Narcotic Anonymous groups should be encouraged. The Committee urged further the need for communities to make concerted efforts to eradicate conditions that breed drug addiction and expressed the view that church and welfare groups, schools and hospitals, employers and the public generally would need to co-operate to support addicts in their efforts to adjust to life in an ordered society. The Committee was advised of a research project now under way at the University of British Columbia under the direction of Dr. George H. Stevenson."[274]
1956	Lynn A. in Montreal establishes a board called Narcotics Anonymous International Foundation "consisting of a number of big wheels in the city together with three or four AA members." Lynn says that "this board turned out to be the biggest flop of the century."[275]
1956	**Dr. Marie Nyswander book *The Drug Addict as a Patient* notes Narcotics Anonymous was founded by Danny Carlson (sic) in 1948:** "The organization, still in its infancy, is patterned on and functions very much like Alcoholics Anonymous. Financial problems from the start have cramped their program: outside support has been negligible and addicts themselves are not usually people of means. However, at present there are branches of this group in most large cities throughout the United States and Canada and they hold group meetings twice a week."

1956

DATE	EVENT
1956	"Mr. Carlson (sic) attempts to contact drug addicts while they are hospitalized for withdrawal or while they are still in reformatories or prisons…He is often there when the patient is released and escorts him to a group meeting which has been carefully selected with his best interests in mind. The whole group takes a lively interest in a new member, putting him at ease, urging him to obtain employment and giving him practical help toward that end." "In its early days Narcotics Anonymous was widely suspected of being merely a convenient blind – a place for addicts to meet and share information about drug sources. To counter this propaganda their meetings are frequently opened to physicians and other interested non-members." "When a member relapses, the group effort is immediately directed toward getting him off drugs. Often their scanty funds are pooled to help send a member to Lexington or elsewhere for withdrawal treatment. Although members actively on drugs are not retained in the group, they are assured of acceptance once they are off drugs and, even more important, the group's interest does not lessen because they have relapsed." "Narcotics Anonymous members are very active; a new member is assigned to the care of an older member, and whenever the going is rough he call his patron, who usually insists that they meet to talk things over." "It is too bad that Narcotics Anonymous has had so little encouragement and backing from community leaders that it must struggle along with insufficient funds. The by-passing of this group is in all probability due to the deeply ingrained and widely held belief that drug addicts cannot get together for any constructive purposes.[276]



Dr. Marie Nyswander

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1956

DATE	EVENT
1956	**The Alcoholics Anonymous General Service Headquarters World Directory lists the Habit Forming Drugs Group of AA, in Santa Monica:** "H.F.D. Group – Betty T., 1319 14th St., Apt. D (Exbrook 5-2163)" Membership is listed at 25. Contributions are listed at $23.50[277]
January 24, 1956	***The Los Angeles Times* reports:** "Narcotic addiction by youth is dramatically presented in One Way Ticket to Hell, which starts tomorrow at the Orpheum Downtown and the Pan-Pacific Theater. Produced and directed by Bam Price, the story of Sandra Leigh is only one of the case histories revealed by a group of rehabilitated addicts. Narcotics Anonymous and law enforcement officers co-operated with young Price while he was producing the film for a master's degree at UCLA."[278]
January 30, 1956	**The following excerpt is from digest of testimony of Dr. Kenneth Chapman, Special Consultant on Narcotics at the National Institute of Mental Health to the *Subcommittee of the Committee on Ways and Means on Traffic in, and Control of, Narcotics, Barbiturates, and Amphetamines*:** "Feels that Alcoholics Anonymous work with addicts has been worthwhile."[279]
Jan. 30 – 31, 1956	**The following excerpt is from a report given by Dr. Marie Nyswander (Postgraduate Center for Psychotherapy, New York University) to the Committee on Drug Addiction and Narcotics, National Academy of Sciences – National Research Council:** "…The literature on the subject of psychiatric treatability plus non-published experiences of individual physicians indicate the possibility that successful treatment can be done with drug addicted patients on an ambulatory basis. For example, the following is a typical patient applying to our study: This patient was a 24-year old male, married, with a 3-year old son. He was referred by Narcotics Anonymous who

1956

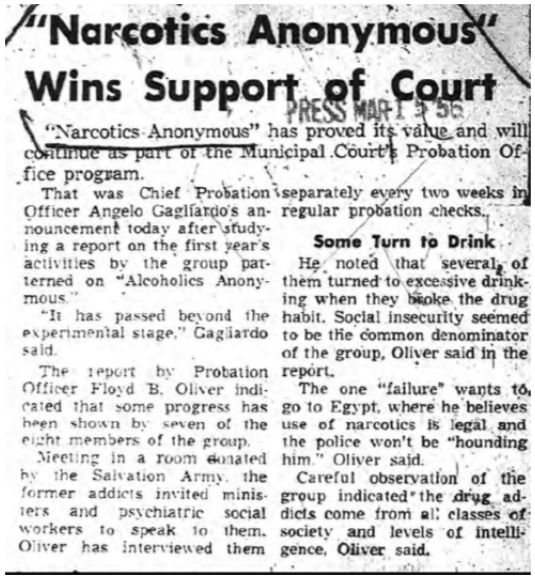
DATE	EVENT
Jan. 30 – 31, 1956	persuaded him to seek help after his release from prison. His history was typical in that truancy and school failure began in the second year of high school. His major activities concerned his gang and he related with great pride that he was the leader of the 'brain gang and had been in newspapers and on television. He had served a total of several years in prison for possession of drugs. Psychiatric therapy was commenced on a twice a week basis, the patient often coming to sessions half asleep from drugs. The therapist soon found out that through all these years the patient had been sneaking away from his gang and going to the library where he had read all the psychological books he could. The patient had glasses but refused to wear them lest he be called a sissy. He dressed in a zoot suit and a pompadour hairdo. Within three months after the beginning of therapy the patient was wearing his glasses all the time and expressing a sincere desire to go off drugs. He reduced himself to one shot a day but seemed unable to stop entirely. With great determination he persuaded one of the city hospitals to admit him for a week. After discharge from the hospital he went back to school and finished his high school requirements. During the course of therapy he relapsed to the use of drugs several times but always managed to withdraw himself. He has worked steadily and drug free for the past three years…" "…Dr. Yonkman: There seems to be a similarity in the course of addiction and alcoholism. If that is true would Dr. Nyswander be willing to predict that narcotics anonymous might be as successful as alcoholics anonymous? Dr. Nyswander: Narcotics anonymous in New York is a noble attempt, but I think it is failing miserably. The alcoholic is aggressive; if you ask him his idea of a man, it is one who is rough and tough; that is the alcoholic's idea of what he would like to be. So far as I can see the narcotic addict is not an aggressive. I ask him what he would like to be and his answer is 'cool.' There is no available aggression for narcotics anonymous. Perhaps Danny Carlson (sic) likes to retain authority and in some way is keeping other people from leadership. I don't see any hope in narcotics anonymous, but I support it."[280]
March 1956	March Issue of *A.A. Grapevine* "Two Problems-One Solution" article by H. McK. in Toronto describes recovery in A.A. from alcoholism and "barb addiction."[281] (H. McK. Submitted November 1949 Grapevine article, "Two-year Old Thoughts;" we also assume that he is "Hugh" who submitted March 1949 *A.A. Grapevine* article "Only More So.")

1956

DATE	EVENT
March 4, 1956	**Sanford Watzman writes another article, "Rich Shaker Wife Winning Battle on Dope," for the *Cleveland Plain Dealer*:** "A 'wealthy Shaker Heights housewife' is at war with herself – and is winning so far – as a member of Narcotics Anonymous, it was disclosed yesterday. A case history of the 49-year old woman is contained in a progress report on the addicts organization, which was set up along lines similar to Alcoholics Anonymous by the Municipal Court probation department. 'Because of her fortunate financial status she has never been forced to seek narcotics from the street 'pusher,'' Probation Officer Floyd B. Oliver wrote to Angelo J. Gagliardo, chief of the department.  Rich Shaker Wife Winning Battle on Dope 'Narcotics Anonymous' Is of Great Help By SANFORD WATZMAN A "wealthy Shaker Heights housewife" is at war with herself—and is winning so far—as a member of Narcotics Anonymous, it was disclosed yesterday. 'She has maintained contact with professional medical sources for many years, and she admits they have satisfied her needs,' the report went on. The woman has never been placed under arrest. She introduced herself to Oliver in a telephone call after reading about the group in a newspaper and asked permission to join. Long an addict, her craving for narcotics began tapering off five years ago when she turned to alcohol as a substitute. In the year he has been a member of the group, Oliver said, she has completely abstained from dope and gives evidence that she might also be conquering her drinking habits. In detailing other case histories for Gagliardo, Oliver pointed out that seven of the eight regular members of Narcotics Anonymous had derived some benefit from the group in greater or lesser degree. 'From this report it can be seen,' he wrote, 'that the addict comes from all classes of society and from all levels of intelligence.'

1956

DATE	EVENT
March 4, 1956	'It will also show that in every case the individual is suffering with a personality problem. He turns to drugs, not because of any physical need, but because of a feeling that through this method he will be able to meet problems with greater ease.' 'He exhibits a basic insecurity and frustration, which he nourishes with dope.' 'If only one person is helped through this form of group therapy (Narcotics Anonymous), then the group is successful.'"[282]
March 15, 1956	**The following article, "Narcotics Anonymous Wins Support of Court," appears in the *Cleveland Press*:** "Narcotics Anonymous has proved its value and will continue as part of the Municipal Court Probation Office program. That was Chief Probation Officer Angelo Gagliardo's announcement today after studying a report on the first year's activities by the group pattered on Alcoholics Anonymous. 'It has passed beyond the experimental stage,' Gagliardo said. The report by Probation Officer Floyd B. Oliver indicated that some progress has been shown by seven of the eight members of the group. Meeting in a room donated by the Salvation Army, the former addicts invited ministers and psychiatric social workers to speak to them. Oliver has interviewed them separately every two weeks in regular probation checks. Some Turn to Drink He noted that several of them turned to excessive drinking when they broke the drug habit. Social insecurity seemed to be the common denominator of the group, Oliver said in the report. The one 'failure' wants to go to Egypt, where he believes uses of narcotics is legal and the police won't be 'hounding him.' Oliver said. Careful observation of the group indicated the drug addicts come from all classes of society and levels of intelligence, Oliver said."[283]



"Narcotics Anonymous" Wins Support of Court

PRESS MAR 1 5 '56

"Narcotics Anonymous" has proved its value and will continue as part of the Municipal Court's Probation Office program.

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Some Turn to Drink

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1956

DATE	EVENT
May 1956	May Issue of *A.A. Grapevine* "Alcoholic Peril found in Drugs"—warns that tranquilizers can be habit forming.[284]
May 1956	Lynn A. opens a central office as the calls and business for NA in Montreal have outgrown her bedroom in a private house.[285]
June 8, 1956	J.K. Javits, Attorney General for the State of New York, submitted a letter to the Editor of the *New York Times*. In his letter, Mr. Javits writes: "We should encourage voluntary organizations patterned along the lines of the National Committee on Alcoholism, such as Narcotics Anonymous, now operated with help from the Salvation Army on a limited basis, and others interested in this work to organize and enlist ex-addicts and the general public in a cooperative effort to help the drug addicts' rehabilitation and readjustment.[286]
August 1956	August Issue of *A.A. Grapevine* "Helping Hands" warning of dangers of tranquilizers.[287]
August 5, 1956	**The following excerpt appears in the *Chicago Tribune* article "Pastor Organizes Aid for Drug Addicts:"** "On the belief that drug addicts can be rehabilitated, the Rev. Robert T. Jenks, pastor of St. Mark's Episcopal church has established a novel movement similar in its techniques to Alcoholics Anonymous. Headquarters for this movement is his mission church at 4427 Drexel boulevard, which formerly was the mansion of Mollie Newbury Netcher of the Boston store family… …Father Jenks, assisted by Dr. Eugene F. Carey, is in contact with some 250 junkies to whom secular and religious counsel is given.[288]
August 19, 1956	Danny Carlsen, founder of early Narcotics Anonymous in New York and executive director of the National Advisory Council on Narcotics, died at age 49 at Montefiore Hospital in the Bronx after a long illness. (Authors note: the *New York Times* obituary states he is 50, however the death certificate lists his age as 49).[289] He died of cancer, refusing medication for pain because he did not want to become addicted again and face death as an addict.[290] Rae L. takes over NA leadership in New York.

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1956

DATE	EVENT
August 19, 1956	 
September 1956	Lynn A., describing herself as "worn to a rag" goes to Ontario. Ten days later she has to "hurry up call to come back" because the Narcotics Anonymous group in Montreal was having trouble.[291]
October 13, 1956	**The following excerpt appears in the *Chicago Daily Tribune* article "Church Develops Successful Program for Dope Addicts:"** "For two years a small interracial parish, using its own limited facilities, has had relative success in treating and rehabilitating narcotics addicts enrolled in their Narcotics Anonymous group, with the help of new tranquilizing drugs. The pioneer work undertaken in this field by St. Mark's Episcopal church, a mission parish of 150 at 4427 Drexel blvd., was described yesterday to the state legislature's narcotics investigation commission, which completed two days of hearing in the La Salle hotel… …He cited the case of 21 addicts seen in July and August. Their average age was 25. They had been addicts an average of four years. After four days of taking a tranquilizer, and a nonbarbituate (sic) sleeping pills, 16 reported back completely withdrawn. Jobs were found for the 16. Ten, after two months are still known to be clean of addiction. They meet with others in the Narcotics Anonymous group."[292]

1956

DATE	EVENT
December 1956	The Editorial of the *AlconAire*, newsletter for the AA group at the South Dakota State Penitentiary in Sioux Falls, SD, writes the following: "To the C. S. F. Group at Niantic, Conn., our hats are off for here is a group made up of young women (approx.. 75) who are winning their alcoholic battles. Also in this group are a few gals who were victims of the narcotic habit. In closing, I would like to pass on the words of a young girl. 'I'm an addict. My name is M. G. L. I belong to the N.A. (Narcotics Anonymous) group. We are a small group, and since we do not as yet have any contact with larger groups, we live the A.A. way of life…."[293] 
Dec. 1956	In the same issue of the *AlconAire* is a lengthy letter from Betty T. (Habit Forming Drugs Group). In the letter Betty mentions other prisons with which she in is correspondence (Walla Walla, U.S.D.B at Lompoc, CA, Soldad (sic) Prison). She writes "This is what we are aiming for – to get the men and women into institutional A.A. where they can go into the prison A.A. groups and show by example how the A.A. program can work for the alcoholic or addict, that has found his lasting sobriety one day at a time through A.A. after leaving prison.[294]

1956

DATE	EVENT
1956/ 1957	Future NA member, Bill B., recounts that he attended meetings in the Federal Penitentiary in Terminal Island in 1956 and/or 1957. "They had 2 podiums one podium was for alcoholics + had A.A.'s 12 Steps on it and the other podium was for addicts + had 13 steps on it."[295]
1956 – 1958	 Charles Dederich joins Alcoholics Anonymous on May 14, 1956; Describes: going to LA-area AA meetings every night; job transfer to Santa Barbara in 1957; "mostly I would go to the clubhouse and we would have a small meeting" (Is he saying here he was disengaging from larger mainstream meetings?); June 1957—sober for a year—develops acute social phobia and stayed in small AA center without venturing out; mostly reading—rediscovered Emerson's essay on "self-Reliance"; after reading this he resigned from his job; July 1957—worked for a "Twelve Step House"; rented apartment in Santa Monica; August 28, 1957 takes LSD as part of U of Calif. Study that had recruited AA members; experience changed his whole life—cried uncontrollably for several days, but was left with "feelings of omnipotence and omniscience"; continued "AA house calls" but not to AA meetings; increasingly bothered by religious overtones of AA. February 1958—bull sessions with other alcoholics at his apartment—"A cult started to form around me within a month. We started to experiment with different forms of verbal communication-group therapy…I began to demonstrate the mechanisms and methods of ridicule and cross-examination.." Alcoholic members began being replaced by addict members. They met 3 times a week. Storefront opened in Pacific Ocean Park CA—a run down amusement park in Santa Monica –on July 14, 1958.[296] 

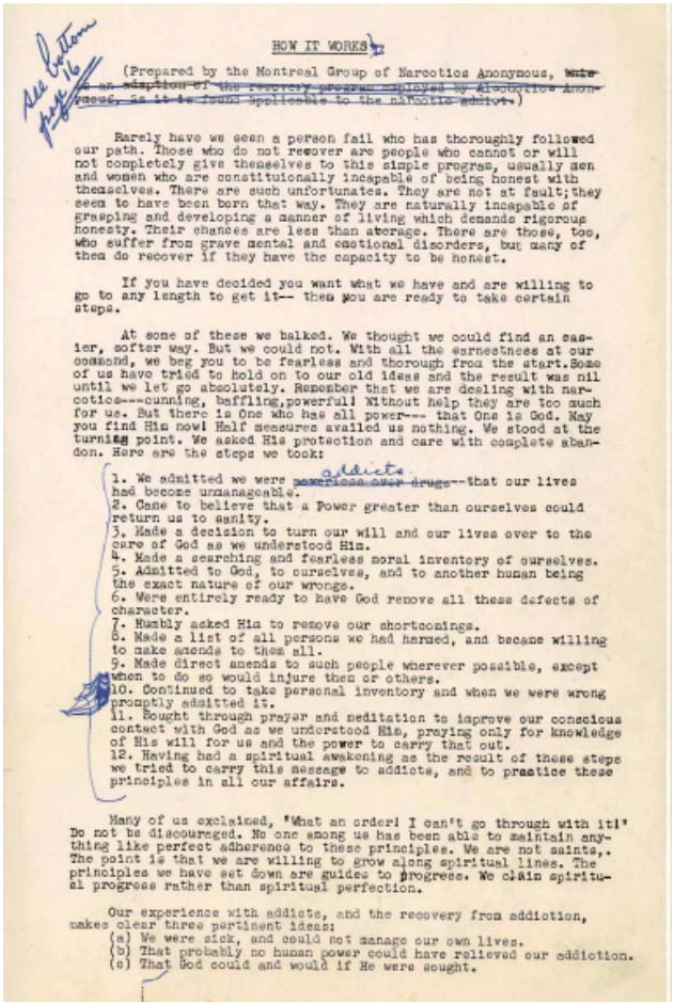
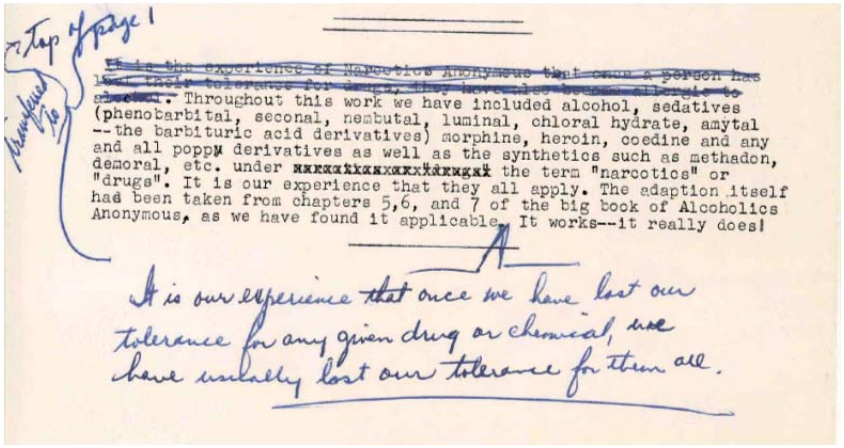
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1957

DATE	EVENT
January 1957	In a letter to Bill W. Lynn A., of the Narcotics Anonymous group in Montreal, outlines an argument for a program that is inclusive of all drugs (including alcohol) pointing out that "an alcohol addict is still an addict." Lynn proposes calling it Addicts Anonymous and suggests that Bill spearhead this effort, including writing a new book that could result in "a new salvation for hundreds more who are only your blood brothers anyhow."[297]
1957	**The Alcoholics Anonymous General Service Headquarters World Directory lists the Habit Forming Drugs Group of AA, in Santa Monica:** "H.F.D. Group – Betty T., 1319-14th St. (Exbrook 5-2163)" Membership is listed at 18. Contributions are listed at $14.00[298]
Feb. 5, 1957	*Los Angeles Times* article that focuses on Barney Ross, former triple world champ boxer. He is in Los Angeles for the filming of his life story "The Barney Ross Story." "Ross, who knocked out another adversary – narcotics…Barney isn't the least hesitant about speaking of his narcotics experience. I make three or four talks on narcotics every week, he told us over dinner at the Brown Derby. Tonight I'm speaking to a group of 200 Addicts Anonymous at the Federal Correctional Institute on Terminal Island. I've been talking on this subject for 10 years; after all, I spent 120 days in the U.S. Public Health Hospital in Lexington, Ky., before I was cured."[299] (Author's note: Terminal Island is located in Los Angeles County.)
March 1957	Bill W. provides Lynn A. (Narcotics Anonymous Montreal group) with Betty T.'s address (Habit Forming Drugs group). Bill shares that he has also dreamed of a book based upon the Big Book, but altered to the needs of the addict, with an addict's story selection.[300] Lynn A. writes to Bill W. "correct me if I'm wrong, but I believe that alcoholism is addiction to alcohol…it is addiction that is the problem, not the chemical or the drug that the person is addicted to…" Lynn also shares with Bill W. that she has laid out a plan for a book to be called Recovery from Addiction.[301]

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1957

Date	Event
1957	  Lynn begins creating literature for Narcotics Anonymous in Montreal, using chapters 5, 6 and 7 (How It Works, Into Action and Working With Others) of *Alcoholics Anonymous*. Step One is rewritten to read "We admitted we were addicts – that our lives had become unmanageable" and Step Twelve is rewritten to read "Having had a spiritual awakening as the result of these steps we tried to carry this message to addicts, and to practice these principles in all our affairs." It is interesting to note that Lynn makes comments next to the Step Four instructions in the Big Book that include "This is where the change will go. We know that we have a few good point – most addicts are afraid to ever begin this one."[302]

HOW IT WORKS

(Prepared by the Montreal Group of Narcotics Anonymous, ~~who have adaption of the recovery program employed by Alcoholics Anonymous, as it is found applicable to the narcotic addict.~~)

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave mental and emotional disorders, but many of them do recover if they have the capacity to be honest.

If you have decided you want what we have and are willing to go to any length to get it-- then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg you to be fearless and thorough from the start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely. Remember that we are dealing with narcotics---cunning, baffling, powerful! Without help they are too much for us. But there is One who has all power--- that One is God. May you find Him now! Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon. Here are the steps we took:

1. We admitted we were ~~powerless over drugs~~ addicts--that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could return us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps we tried to carry this message to addicts, and to practice these principles in all our affairs.

Many of us exclaimed, 'What an order! I can't go through with it!' Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our experience with addicts, and the recovery from addiction, makes clear three pertinent ideas:
(a) We were sick, and could not manage our own lives.
(b) That probably no human power could have relieved our addiction.
(c) That God could and would if He were sought.

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~~It is the experience of Narcotics Anonymous that once a person has lost tolerance for any drug, they have also become allergic to them.~~ Throughout this work we have included alcohol, sedatives (phenobarbital, seconal, nembutal, luminal, chloral hydrate, amytal --the barbituric acid derivatives) morphine, heroin, coedine and any and all poppy derivatives as well as the synthetics such as methadon, demoral, etc. under ~~xxxxxxxxxxxxxxxxxx~~ the term "narcotics" or "drugs". It is our experience that they all apply. The adaption itself had been taken from chapters 5,6, and 7 of the big book of Alcoholics Anonymous, as we have found it applicable. It works--it really does!

It is our experience that once we have lost our tolerance for any given drug or chemical, we have usually lost our tolerance for them all.

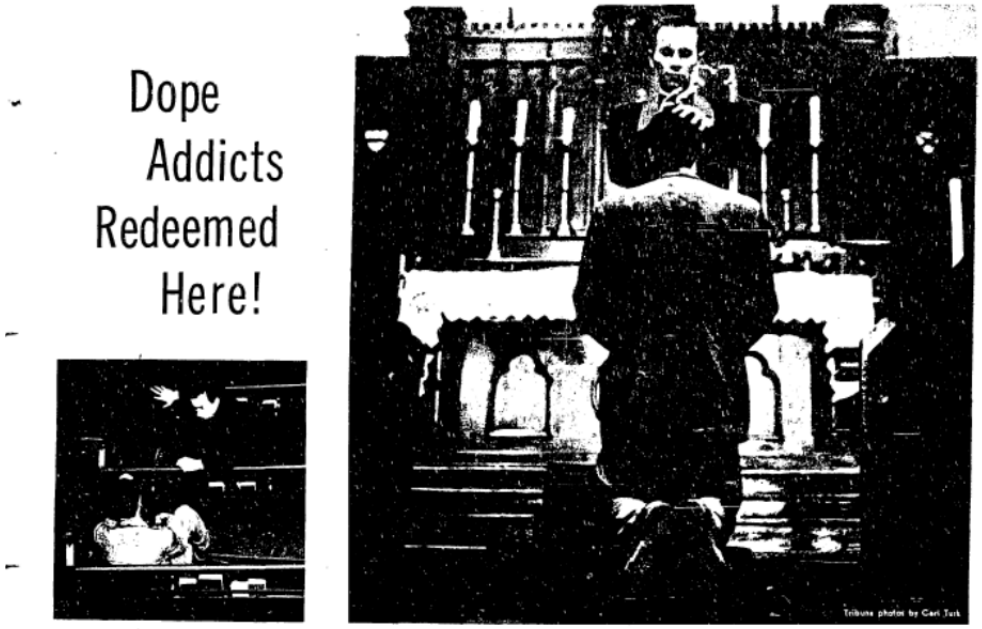
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1957

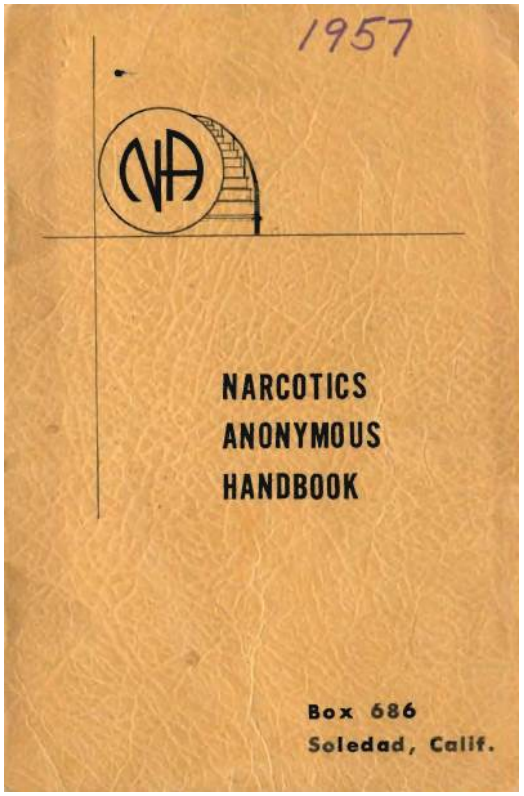
DATE		EVENT
May	**1957**	Bill W. writes Lynn A. in Montreal and states that in his experience with Betty T. (Habit Forming Drug group), that Betty has never seen her be able to make addicts into AA members. Bill attributes this failure to "an almost inexplainable (sic) distrust and dislike of alcoholics and addicts for each other." Bill indicates that Betty has been a bridge between alcoholics and addicts. Bill W. gives Lynn A. permission to use his story in her book with the condition that he is allowed to review it and that his full name is not used.[303] Lynn A. tells Bill W. about their approach to Step One: "With us, we have even changed the first step to say - - "We admitted that we were addicts - - etc.", simply so that the addicted or new-comer may immediately associate himself with the program. I have found that it is almost impossible to tell a man who has just laid down his hypodermic needle, etc., that his trouble is booze… Instead, we work from the angle that alcohol is a narcotic." Lynn writes "I've tried Ms. Thom's methods myself, with the result that I, or my babies, used AA as an escape route, rather than a recovery." Lynn concludes, "this is a secret but we received a $3,000 grant from the Quebec government to carry us for a year or until the book is written."[304]
1957		Report that there were 24 chapters of NA meeting in 14 cities in 10 states.[305]
June 7,	**1957**	Dick C., writing of his "AA vacation" in his newsletter *Chit-Chat*: "Spent several hours with Cy M. (of Narcotics Anonymous). Can't say that I'm 100% in accord with all of his ideas, but he certainly is a dedicated AA worker."[306]
June 8,	**1957**	Dick C., writing of his "AA vacation" in his newsletter *Chit-Chat*: "…then to Santa Monica, where we joined Betty and Larry T. for a spaghetti supper and an evening of AA with the HFD (Habit-forming drug group). This gang is a remarkable bunch of guys and gals. They use our AA philosophy straight down the line – no short cuts, no deviations, or changes. 'An orchid to Betty T., who sparks this group'. And I certainly learned a lot about the problem of the barbiturate and/or narcotic addict."[307]

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DATE	EVENT
June 9, 1957	The *Chicago Daily Tribune* reports on Rev. Robert T. Jenks and Narcotics Anonymous in an article titled "Dope Addicts Redeemed Here!" The article reports that "late in 1954, he inaugurated what he calls Narcotics Anonymous, a program of rehabilitation for men who had been released from the hospital at Lexington or the county jail and had already become clean of the habit…  Helping hand for a tortured soul. The Rev. Robert T. Jenks of St. Mark's church invokes a benediction upon a former addict. Tribune photos by Carl Tark Father Jenks Combines Religion and Hypnotism in Unique 'Narcotics Anonymous' Project …When an addict approaches Father Jenks for help, he is invited to attend a Wednesday afternoon meeting of Narcotics Anonymous, held every week and supervised (without pay) by Dr. Eugene F. Carey, a Chicago police department surgeon. It is here that withdrawal begins. To alleviate the pain of withdrawal, Dr. Carey administers tranquilizing drugs which reduce the anxieties and fears that contribute to the pain. Tranquilizers, says Dr. Carey, do not cure addiction any more than they cure mental illness. They simply serve to calm the addict and enable him to subdue for a time his feelings of shame and guilt. Dr. Carey was the first physician in the country to use tranquilizers as an aid to withdrawal… …Since Narcotics Anonymous was born, about 205 addicts have asked for help. None has been turned away, even tho (sic) the finances of the church have been strained almost to the breaking point. Of these, about 35 have stayed with the program for six months or longer, a term which Father Jenks believes is a minimum for successful readjustment…[308]

1957

DATE	EVENT
Aug. 5, 1957	The first meeting of Narcotics Anonymous is held at Soledad Institution. The following is from the group's handbook. It is heavily influenced by today's Narcotics Anonymous, but also contains influences from the Big Book. Step One reads "powerless over addiction" and the Twelve Traditions contain interesting changes that reflect the influence of an institution based group. "FOREWORD This booklet is dedicated to all those confined members of the human race who have the disease of narcotics addiction. By applying the principles contained herein, you can return to society with your disease of narcotics addiction arrested. SOLEDAD INSTITUTION NARCOTICS ANONYMOUS A WAY OF LIFE This book is for addicts. It was prepared for you by men who know you problem as it is - - your fellow addicts. Narcotics Anonymous as we know it here at Soledad, is a fellowship of men who share their experiences, strength, and hope with each other, so that we can solve our common problem and help others to recover from the disease of narcotics addiction. Our first meeting was held August 5, 1957 in the Soledad Main Institution Library. The cooperation of the Institution Officials at this first meeting has made it possible for us to publish this book and for our group to function. We, who are to make the Narcotics Anonymous our way of life are deeply grateful for this opportunity. 

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1957

DATE	EVENT
Aug. 5, 1957	A set of principles as old as time have been set forth as the principles that will guide us in Narcotics Anonymous. The same principles have been applied by other groups and individuals down through the ages. Alcoholics Anonymous has had phenomenal success through the application of these principles. The most important aspect of these principles, to us in Narcotics Anonymous, is that - - THEY WORK. The job of applying them, is ours. At our meetings of Narcotics Anonymous, we join together in fellowship, where we tell our stories in an effort to arrest our common disease - - addiction. Our stories disclose in a general way, what we were like, perhaps how we got that way, what we have done about it and what we are like now. There are no musts in Narcotics Anonymous. However, there is one 'should.' You SHOULD keep an OPEN MIND. This next statement is made in the hope that it may make us all more conscious of the importance of the principles of Narcotics Anonymous: WE THE WRITERS BELIEVE THAT IT IS IMPOSSIBLE FOR ANYONE TO FAIL WHO COMPLETELY FOLLOWS THE PRINCIPLES OF THE NARCOTICS ANONYMOUS PROGRAM. DO YOU NEED N.A.? You do, if you are an addict. Are you an addict? Ask yourself these questions. Answer them as honestly as you can. Remember, only you can come to the conclusion that you are an addict, an addict who has the desire to arrest his addiction. 1. Did you lose time from work due to 'using'? 2. Did 'using' make your home life unhappy? 3. Did you 'fix' because you were shy with other people? 4. Did 'using' effect your reputation? 5. Have you ever felt remorse after 'fixing'?

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Aug. 5, 1957	6. Have you ever gotten into financial difficulties as a result of 'using'? 7. Did you turn to lower companions and an inferior environment when 'using'? 8. Did 'using' make you careless of your families (sic) welfare? 9. Has your ambition decreased since you started 'using'? 10. Did you crave a 'fix' at a definite time daily? 11. Did you want to 'fix' the next morning? 12. Did 'using' cause you to have difficulty in sleeping? 13. Has your efficiency decreased because of 'using'? 14. Did 'using' jeopardize your job or business? 15. Did you 'fix' to escape from worries or trouble? 16. Did you 'fix' alone? 17. Have you ever had a complete loss of memory as a result of 'using' some form of narcotics? 18. Have you ever been treated by a physician for 'using'? 19. Did you 'fix' to build up your self-confidence? 20. Have you ever been to a hospital or institution on account of 'using'? If you answered YES to any one of these questions, you may be an addict. If you answered YES to any two of these questions, chances are you are an addict. If you answered YES to three or more, then you are an addict. Our past experiences as addicts have covered a wide range of self-imposed mind transforming. And many of us have tried to stop. We have tried medicine and psychiatry to no avail. We have been prayed over by ministers, priests, families, loved ones and our friends, yet we continued to use drugs. Let us now try N.A. It will work, if we cooperate. A FEW FACTS Uninformed public opinion to the contrary, the philosophy of the Narcotics Anonymous Program holds that addiction is not a vice but it is a disease, malignant and virulent in nature. This opinion is now supported by those physicians and psychiatrists who have specialized in the study of narcotics addiction.

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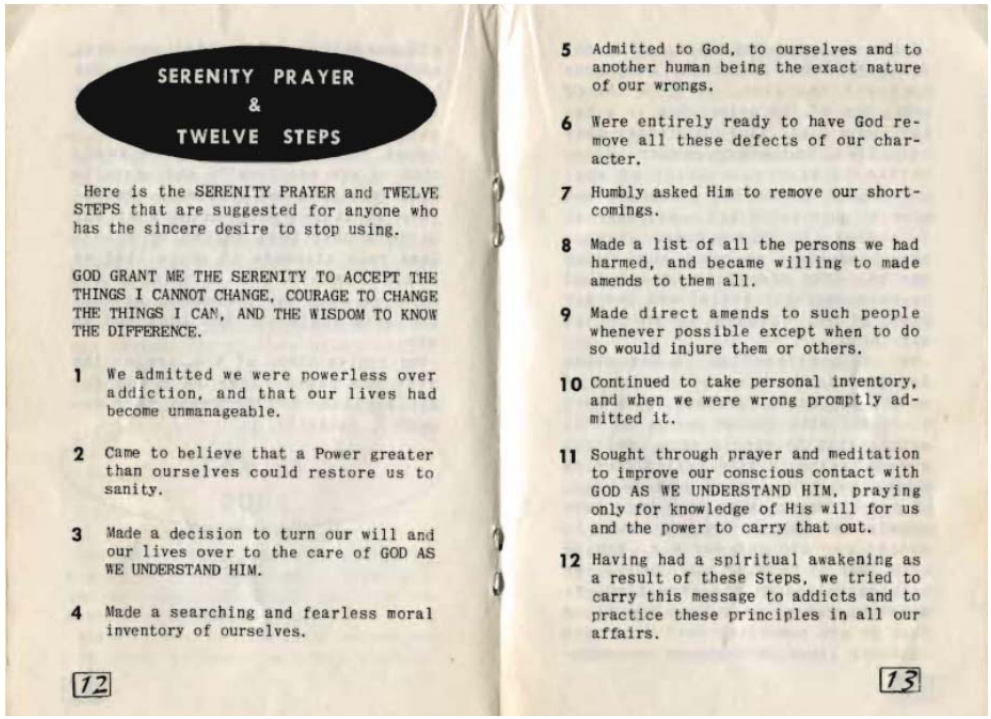
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DATE	EVENT
Aug. 5, 1957	The addict 'fixes' because of a compulsion arising from an emotional state and is unable to control his 'habit' because of an intolerable craving for more drugs. There is a symptom common to all of us who suffer from addiction to habit-forming drugs: We cannot start self-administration of drugs without developing a physical dependence and a phenomenal craving; and once we take any habit forming drugs, something happens, both in the bodily and mental sense which makes I virtually impossible for us to stop using. Narcotics Anonymous in its self-applied therapy, proceeds from the well founded premise that people in like trouble have a common bond. Therefore, an addict can best understand and help another addict. Its members know that excessive 'using' is only a symptom of deeper trouble. People, who themselves have never had trouble with addiction, seeing an addict heading for disaster, hold to the opinion that all he needs to do is stop 'using.' Unfortunately this answer is only superficially true. It's like telling the poor all they need to do is to make money and become rich. Any addict, in trying to quit, finds that the solution likes far deeper than merely having a determination to stop using drugs. Narcotics Anonymous is open to any addict who has an honest desire to quit 'using.' WHAT N.A. IS If you sincerely want to stop using, Narcotics Anonymous has a program that can bring you back to a normal way of life. This program guarantees no cure, we will never be cured of the disease, but we can become arrested cases. We can stop using and start living. We sign no pledges. Anyone may join, regardless of race, age, or religion. We are not interested in what you used, how much, or who your connections were. All we ask is that you have a sincere desire to stop using. We are not allied with any sect, denomination or any other organization. We do not wish to engage in any controversy, neither do we endorse or oppose any cause. Our primary purpose is to quit using and help other addicts to arrest their disease of addiction. In N.A.

2 3 1	Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
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DATE	EVENT
Aug. 5, 1957	always principles come before personalities. WHY WE ARE HERE For most of us, our lives have been unmanageable and we couldn't live like normal people. We had to have something different, and we thought we had found it in drugs and narcotics. We got so we had to have these drugs constantly, and our lives revolved around them in a never ending cycle, a cycle that all too frequently ended (for a time) in our going to some type of institution or jail. There have been times when drugs came before our families, times when the welfare of our loved ones was completely forgotten and we rationalized and justified our actions to ourselves. Our friends and loved ones have been harmed by our actions, but we have also harmed ourselves by our use of drugs. We were running away, that was our big problem. The use of narcotics is but a symptom of underlying causes. We used in order to escape from facing life and all its problems. Confinement alone will not cure the disease of narcotics addiction. In far too many cases it only temporarily arrests the disease. Medicine and psychiatry have progressed considerably, but their degree of success remains small. And most of us are unable to obtain individual treatment for our addiction. So we are seeking help from each other, in Narcotics Anonymous. Here we have come to realize that we are not moral lepers. We are simply sick people. We suffer from a disease, just like alcoholism, diabetes, heart ailments, tuberculosis, or cancer. There is no known cure for these diseases and neither is there for drug addiction. But, by following the principles of Narcotics Anonymous completely, we can arrest our disease of addiction to narcotics. IT CAN BE DONE One of the most important things we can do to aid ourselves in arresting our narcotics addiction, is to be as honest as we possibly can. When we get to the point where we are ready to honestly admit that we are powerless to control our drug addiction, we

DATE	EVENT
Aug. 5, 1957	have taken one of the hardest yet one of the longest steps we can take toward arresting our narcotics addiction. Most of us do not like to admit that we are emotionally and mentally different from our fellowman. Therefore it is not surprising that our careers have been marked by countless vain attempts to prove that we could somehow use narcotics and carry on like our fellowman, without becoming addicted. But addicted we are. The Twelve Steps of N.A. are on the next two pages. They're ready for application. Let us apply them together, honestly. SERENITY PRAYER & TWELVE STEPS Here is the SERENITY PRAYER and TWELVE STEPS that are suggested for anyone who has the sincere desire to stop using. GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, COURAGE TO CHANGE THE THINGSI CAN, AND THE WISDOM TO KNOW THE DIFFERENCE. 1. We admitted we were powerless over addiction, and that our lives had become unmanageable. 2. Came to believe that a Power greater than ourselves could restore us to sanity. 3. Made a decision to turn our will and our lives over to the care of GOD AS WE UNDERSTAND HIM.



SERENITY PRAYER & TWELVE STEPS

Here is the SERENITY PRAYER and TWELVE STEPS that are suggested for anyone who has the sincere desire to stop using.

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW THE DIFFERENCE.

1 We admitted we were powerless over addiction, and that our lives had become unmanageable.

2 Came to believe that a Power greater than ourselves could restore us to sanity.

3 Made a decision to turn our will and our lives over to the care of GOD AS WE UNDERSTAND HIM.

4 Made a searching and fearless moral inventory of ourselves.

12

5 Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

6 Were entirely ready to have God remove all these defects of our character.

7 Humbly asked Him to remove our shortcomings.

8 Made a list of all the persons we had harmed, and became willing to made amends to them all.

9 Made direct amends to such people whenever possible except when to do so would injure them or others.

10 Continued to take personal inventory, and when we were wrong promptly admitted it.

11 Sought through prayer and meditation to improve our conscious contact with GOD AS WE UNDERSTAND HIM, praying only for knowledge of His will for us and the power to carry that out.

12 Having had a spiritual awakening as a result of these Steps, we tried to carry this message to addicts and to practice these principles in all our affairs.

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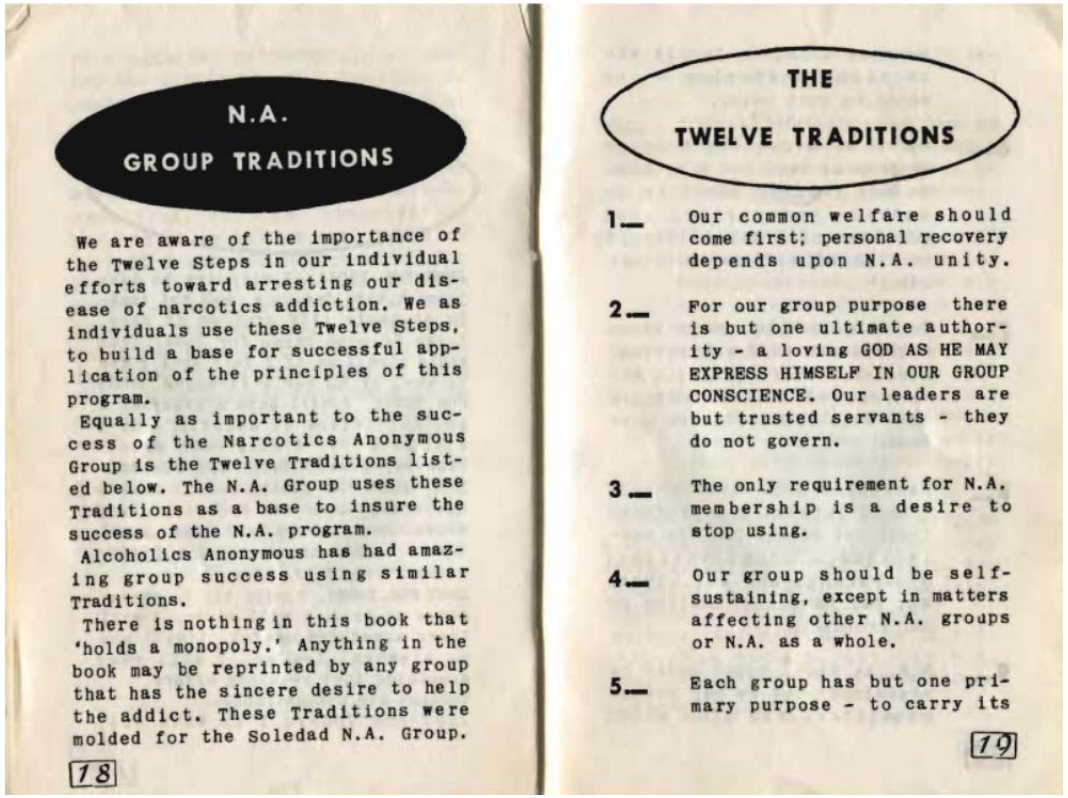
1957

DATE	EVENT
Aug. 5, 1957	4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. 6. Were entirely ready to have God remove all these defects of our character. 7. Humbly asked Him to remove our shortcomings. 8. Made a list of all the persons we had harmed, and became willing to made (sic) amends to them all. 9. Made direct amends to such people whenever possible except when to do so would injure them or others. 10. Continued to take personal inventory, and when we were wrong promptly admitted it. 11. Sought through prayer and meditation to improve our conscious contact with GOD AS WE UNDERSTAND HIM, praying only for knowledge of His will for us and the power to carry that out. 12. Having had a spiritual awakening as a result of these Steps, we tried to carry this message to addicts and to practice these principles in all or affairs. Quite an order isn't it? But do not be discouraged. Narcotics Anonymous is not a religion, IT IS A WAY OF LIFE. One of its principles is a belief in a Power that is greater than ourselves, but every member is entitled to his own concept of what that Power is. Having a sincere desire to quit using and a willingness to accept aid from a Power greater than ourselves, whatever that Power may be, have proved to be all that is necessary for relief and the arrest of our disease of narcotics addiction. We are not fanatics in Narcotics Anonymous. We have no visions of saving the world. Neither do we have a quarrel with anyone using. We tell no one that he should stop. But, to anyone trying to find relief from an agony of body, mind and spirit, caused by using, that they have been unable to control, we are ready to extend our aid and our N.A. WAY OF LIFE, for by helping one another, we help ourselves at the same time. We start by taking Step One, admitting that we are powerless over drugs and that our lives have become unmanageable. Here in the Institution, we have gone through a complete physical withdrawal and have stopped using for the time being. Upon release, we can apply the principles of N.A., to keep from using – today. It would be a very big help if we were able to contact a N.A. group or member outside. However, we can apply these principles day by day until such a time as contact can be established. We must not us the fact ha there is no group where we go, as an excuse to start using again. If you are not confined, and are reading this, everything in this book holds true for you, you can also stop using for today.

1957

DATE	EVENT
Aug. 5, 1957	If the compulsion becomes so great that you cannot see going through a whole day, then put yourself on a five minute basis of not using. After five minutes have passed, do it for another five minutes. These minutes can grow into hours, hours into days. Not using for a day at a time can put your addiction into an arrested state for as long as you can will it. As we go through the day, we pause when agitated or doubtful, and ask for the right thought our action. We constantly remind ourselves that we are no longer running the show by ourselves, now we have aid. When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Dow we owe an apology? Have we kept something to ourself (sic) which should be discussed with another person at once? What could we have done better? Were our thoughts of ourselves most of the time? Or were we thinking of what could be done for our fellowman? But, we must be careful not to drift into remorse, worry or morbid reflection, for that would diminish our usefulness. After making our review we ask God's forgiveness and inquire what corrective measures should be taken. JUST FOR TODAY JUST FOR TODAY, I will try to live through this day only, and not tackle my whole life problems as once. I can do some thing (sic) for today that would appall me if I felt that I had to keep it up for a lifetime. JUST FOR TODAY, I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision. JUST FOR TODAY, I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try and get a better perspective on my life. JUST FOR TODAY, I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration. JUST FOR TODAY, I'll work N.A. N.A. GROUP TRADITIONS We are aware of the importance of the Twelve Steps in our individual efforts toward arresting our disease of narcotics addiction. We as individuals use these Twelve Steps, to build a base for successful application of the principles of this program. Equally as important to the success of the Narcotics Anonymous Group is the Twelve Traditions listed below. The N.A.

1957

DATE	EVENT
Aug. 5, 1957	

N.A.

GROUP TRADITIONS

We are aware of the importance of the Twelve Steps in our individual efforts toward arresting our disease of narcotics addiction. We as individuals use these Twelve Steps, to build a base for successful application of the principles of this program.

Equally as important to the success of the Narcotics Anonymous Group is the Twelve Traditions listed below. The N.A. Group uses these Traditions as a base to insure the success of the N.A. program.

Alcoholics Anonymous has had amazing group success using similar Traditions.

There is nothing in this book that 'holds a monopoly.' Anything in the book may be reprinted by any group that has the sincere desire to help the addict. These Traditions were molded for the Soledad N.A. Group.

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THE

TWELVE TRADITIONS

1— Our common welfare should come first; personal recovery depends upon N.A. unity.

2— For our group purpose there is but one ultimate authority - a loving GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. Our leaders are but trusted servants - they do not govern.

3— The only requirement for N.A. membership is a desire to stop using.

4— Our group should be self-sustaining, except in matters affecting other N.A. groups or N.A. as a whole.

5— Each group has but one primary purpose - to carry its

19

Group uses these Traditions as a base to insure the success of the N.A. program.

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THE TWELVE TRADITIONS

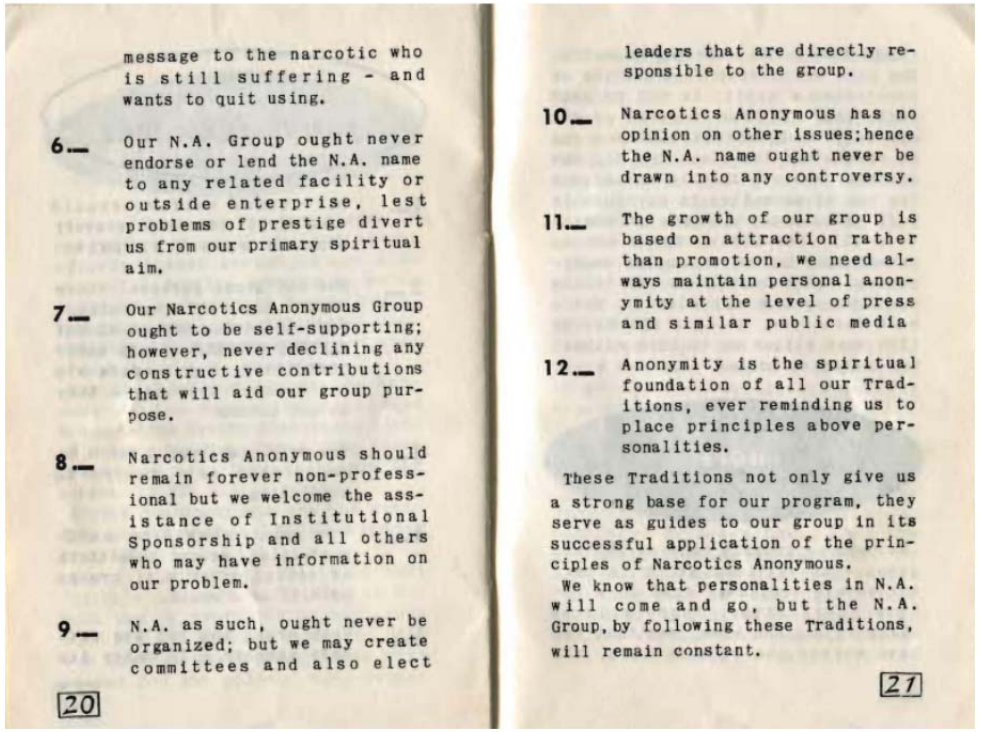
1. Our common welfare should come first; personal recovery depends upon N.A. unity.
2. For our group purpose there is but one ultimate authority – a loving GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. Our leaders are but trusted servants – they do not govern.
3. The only requirement for N.A. membership is a desire to stop using.
4. Our group should be self-sustaining, except in matters affecting other N.A. groups or N.A. as a whole.

2
3
6

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1957

DATE	EVENT
Aug. 5, 1957	5. Each group has but on primary purpose – to carry its message to the narcotic who I still suffering – and wants to quit using. 6. Our N.A. Group ought never endorse or lend the N.A. name to any related facility or outside enterprise, lest problems of prestige divert s from our primary spiritual aim. 7. Our Narcotics Anonymous Group ought to be self-supporting; however, never declining contributions that will aid our group purpose. 8. Narcotics Anonymous should remain forever non-professional but we welcome the assistance of Institutional Sponsorship and all others who may have information on our problem. 9. N.A. as such, ought never be organized; but we may create committees and also elect leaders that are directly responsible to the group. 10. Narcotics Anonymous has no opinion on other issues; hence the N.A. name ought never be drawn into any controversy. 11. The growth of our group is based on attraction rather than promotion, as we need always maintain personal anonymity at the level of press and similar public media. 12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.



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11— The growth of our group is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press and similar public media

12— Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

These Traditions not only give us a strong base for our program, they serve as guides to our group in its successful application of the principles of Narcotics Anonymous.

We know that personalities in N.A. will come and go, but the N.A. Group, by following these Traditions, will remain constant.

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1957

DATE	EVENT
Aug. 5, 1957	These Traditions not only give us a strong base for our program, they serve as guides to our group in its successful application of the principles of Narcotics Anonymous. We know that personalities in N.A. will come and go, but the N.A. Group, by following these Traditions, will remain constant. THAT FIRST FIX – In plain words, the best way to keep from getting or continuing a habit, is NOT TO TAKE THAT FIRST FIX. For those of us who are addicts this statement can not (sic) be emphasized too strongly. We, the writers, believe that if we attempt the use of narcotics in any form it will unleash our disease of addiction all over again. There are no substitutes for us. Narcotics Anonymous is not a substitute, it is the real thing and all else is but a poor imitation. It is a NEW WAY OF LIFE that allows us to live without the use of narcotics. HOPE We have no success stories in this group – as yet! The group is new, but we are confident that in a future publication, there will be cases of men you know, men that you have worked the program with, who will have gone outside and continued to follow the TWELVE STEPS, and are 'making it.' There are men who will be members of N.A. Groups, and there are men among us who will feel and see the need to start new Narcotics Anonymous Groups for those of us that are to follow. This is good for us because it gives us hope and we need hope instead of fear to help us arrest our addiction. We need hope and understanding. There are many people who know why we should stop using, but not why we used. They do not understand us. In N.A. we meet men who know why we used, why we should stop, and above all, WE UNDERSTAND EACH OTHER. The N.A. principles are not dogmatic doctrines or isms. You can take them or leave them, they are not laws, nothing is mandatory in N.A. but the desire to stop using.

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1957

DATE	EVENT
Aug. 5, 1957	You have read the book. It is you privilege to believe or disbelieve. We, the writers have read it countless times while preparing it for publication. Every time we read it, we gain a better concept of our 'N.A. WAY OF LIFE'. You can do the same thing, reread this book, apply the principles contained, and let us all work together in fellowship, and arrest our disease of narcotics addiction – A DAY AT A TIME. THIS IS NOT THE FINIS, THIS IS THE BEGINNING."[309]
Sept. 24, 1957	**The following information appears in a letter written to Dr. George M., East Louisiana State Hospital in Jackson, LA from AA GSH staff, Anne M.:** • "It is too bad, that at the present time, there is really no central organization for NA, and we are hopeful that eventually these groups will have sufficient success to form their own headquarters." • Anne expresses concern about addicts participating in institutional AA groups leaving: "if the men have the idea that they are going to be welcomed in AA groups when they are released, they're probably going to be in for rude disappointment…" • Anne notes Betty T.'s failure to "make the addict into AA members and have them received as they should be" which Anne attributes to "the most inexplainable (sic) distrust and dislike of alcoholics and addicts for each other." • She notes a "Forum Group" at the Federal Penitentiary El Rodeo, OK—"an inmate group that has successfully merged the two problems."[310]
October 7, 1957	Betty T. sends an angry letter to Anne M. in response to Anne's claim that Betty has been unsuccessful in having addicts accepted in AA groups. Bill W. is copied on the letter.[311]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

DATE	EVENT
October 9, 1957	**Two days after writing Anne M., Betty T. writes Bill W.** • Betty emphatically writes that she is not in any way connected with Narcotic Anonymous. • Betty reflects upon the impact of the AA pamphlet *Sedatives and the Alcoholic*. "It was only then when I read the old white pamphlet on sedatives that I really understood the whole problem as far as I was concerned and in taking my personal inventory as the book told me, I was not only an alcoholic, but I was an addict of both narcotic drugs and any other habit forming drug." • Betty questions Bill about whether he broke her anonymity with the August 7, 1954 Saturday Evening Post article. She claims that she has had to live down any connection with Narcotics Anonymous ever since. • Betty also says that the Saturday Evening Post article was also "put on the spot…the article was not true in many statements, and I can prove this by my correspondence with Houston in Kentucky." • Betty states that the Habit Forming Drug Group contributes $10 per month to the General Service Headquarters and to both AA offices in southern California.[312]
Oct. 19, 1957	**Betty receives a letter from a staff member at the GSH.** • The author writes "After personally visiting your HFD Group, I came away with the conviction that everything you have been doing has been in accordance with our 12 Steps and Traditions. In other words, the primary objective of your group is to deal with the alcoholic problem and then aid the dual addiction problem if possible." • The writer of this letter makes reference to Cy M. of NA. "As far as I know, these members have a primary problem of addiction to narcotics and/or barbiturates with a secondary problem of alcoholism…But I do feel that when an individual or a group approaches their dual problem with precedence to the addiction, it must be differentiated from AA. As you know, as far as I can tell, nobody including Bill himself, has never denied the Narcotics Anonymous groups permission to use our 12 Steps to the best of their ability. We have said to them that they must keep it separate because it is not part of AA. But we have offered them our philosophy as a means to their own personal recovery."

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1957

DATE	EVENT
Oct. 19, 1957	• The writer insinuates criticism of Betty's approach to addicts "I'm sure you realize that many areas of California don't agree with your personal convictions that the AA members who are also addicts are completely welcome. It was, at least, certainly my impression in talking with many other truly good members of this movement. And it is my opinion, the explanation that Anne gives in this letter regarding failure is just about hitting the nail on the head."[313]
October 20, 1957	**Bill writes Betty one day after the letter from the office.** • Bill apologizes to Betty for unwittingly hurting her. • Bill draws clear boundaries with regard to the addict in AA. "But there is also another principle to which I must adhere: that the primary purpose of Alcoholics Anonymous is to help alcoholics. Therefore, an AA group as such cannot very well make AA of, or directly sponsor addicts who have no alcoholic problem." • Bill reports that on one of his trips to the West Coast he "heard that straight addicts, people who were not alcoholics, were making testimonies in AA meetings and that this aroused a great deal of dissension." • Regarding "dual purpose" groups Bill writes "I have no objection to dual purpose groups at all. I merely say that they should not bear the AA name. I think the dual purpose groups have a wonderful promise for the future, but not under the banner of Alcoholics Anonymous. These groups can be formed by AAs or anybody else and certainly can have nothing but good will from the rest of us." • Bill alludes to an article that will appear in the Grapevine with regard to problems other than alcohol[314]
October 28, 1957	**This letter from Betty is in response to Bill's letter of October 20, 1957** • Betty accepts Bill's apology • Betty references Houston S. of Frankfort, KY • Betty states that some members of Narcotics Anonymous in North Hollywood have stated in AA meetings that they are a narcotic addict • Betty states that the Narcotics Anonymous group is sponsored by Cy M., a member of AA.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1957

DATE		EVENT
October	**28, 1957**	• Betty reiterates that she disapproves of NA and has no dealings with them. She reports hearing from members of the NA group and several AA friends who have attended that "it is not AA and has no more right to be under AA Traditions than any other outside enterprise." • Betty states "It seems that I have been the target of criticism, as so many people connect me with the Narcotics Anonymous deal, DUE TO THAT SATURDAY EVENING POST ARTICLE…" • Betty states that "no drug user could be a part of our fellowship…" • "I did not agree on the separate group, and never will" • Betty makes reference to many Grapevine articles that speak to people with dual addictions and of her own contributions to the Grapevine. • "Bill you see I tried to have a group of addicts only back in '51, and after six or more meetings, I fully realized THIS WOULD NOT WORK, at least it would not work in my opinion at the time that Cy M. of North Hollywood started Narcotics Anonymous back in 1953 or '54, I warned him he would run into much difficulty, but he did not go along with my advice and he started this NA group, I did not want any part of it, and have never had any part of it, several of my friends on AA have visited the group and several have had a past history of drug addiction and they did not approve of the way it was conducted or the results of the group, and I shied away from anything to do with it, and many UNINFORMED BUSY BODIES, have attacked me, saying I'm a part of this Narcotics Anonymous, with the backing of the Post article, they have been most unfair, and never have I had a chance to defend myself, not that I felt I had to, but when anything was said about my interest or connection with Narcotics Anonymous, I told them straight out I was not connected with and NEVER WOULD BE!" • Betty references communication with Dick C. of Chit Chat • "Please Bill, release me from anything in your mind to do with NARCOTICS ADDICT that I have no interest in all the straight narcotic addicts know my limitations, and I cannot help them, except to give them some friendly suggestions, but I cannot work with them even with a dual problem cannot take the time and effort to work with

DATE		EVENT
October	**28, 1957**	them, as they have to find a way of life, that is for them, if they do not have an alcoholic problem then I am at loss. Maybe the NA deal will work, but I cannot endorse it or approve of it as I know I have gone back through in '50 and '51 and it was a total loss, but some of the addicts that did not seem to understand the underlying problem, the drinking that started them off on the downward path, then as some did, they were not sure of being alcoholics went back and drank and proved to themselves not me that they were powerless over alcohol, and did return to AA and be members of their own admission and many seldom even mentioned the addiction problem only perhaps of part of the story of what they were like but, now they try to think they were only addicts, but proved beyond a doubt they were powerless over alcohol! Some had to go get drunk and to end up in the drunk tank and the City jail several times some had to go back to prison, some got sick and tired of being sick and tried never to take anymore drugs then in that form, but they did as the book says, they went out and drank and found out they needed AA for their alcoholic problem I hope I make this clear." • "Let someone that is better equipped than I such as Cy M. in North Hollywood, carry that banner and good luck to him, but I tried to help the straight narcotic addict and it seldom works but I have had the honor of perhaps a hundred or more men, women that had a problem with various habit forming drugs, including narcotic provided that they themselves like I did that they were basically alcoholics."[315]
Nov.	**1957**	Betty T.'s husband Larry writes Bill W. • Larry references Bill and Dr. Bob's own stories in the Big Book that reference sedatives • "Bill there is one thing I really would like for you to fully understand we have nothing to do with the Narcotics Anonymous, or any other outside enterprise or organization, basically this whole mess really got bad when that Saturday Evening Post article came out – I really had an upset wife on my hands, I was plenty put-out to think my wife's anonymity had been broken by the Foundation at the level of press, for the name Betty T. was well known in Southern California, the end result was a hell of a lot of embarrassment, gossip, scandal, emotional upset, loss of sleep and to say nothing of the expense, I mean hard earned cash, used for answering the hundreds of letters etc…, in inquiry. It also directed attention to the Bay Area AA Rehabilitation Center here in Santa Monica, This too caused plenty of trouble, I still think you owe my wife and open apology in the Grapevine. Believe me it was tough to place principles before personalities I was ready to place matters in the hands of a good lawyer, but the AA principles won out, also the Saturday Evening Post did try and repair their share of the damage by allowing my

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

DATE		EVENT
Nov.	**1957**	wife to make a statement over the radio, but not mentioning AA, she took care of that." • "Ever since the Saturday Evening Post article AA members still link us to this so called Narcotics Anonymous, which still causes us both plenty of trouble as we never – had any part of that set up and don't care to, for we both know when it started and by whom. Doris X. was a dual problem girl, with two years sobriety on AA and her husband Frank, a simon pure alcoholic 7 ½ years sober at that time, used to attend our HFD – AA meetings, then she (Doris) met a young narcotic addict in Sun Valley, near North Hollywood, where she and her husband lived, this addict gave her a line – and she decided to start the NA group, we advised her against it, but she went ahead anyway, after a short time she met Cy M. of North Hollywood, and he came into the scene and took over the group and ran Doris out, now as far as it is known she is out of AA, for the last time, Betty, talked to her on the phone several months ago, and she was really messed up and sounded like she had lost her mind. We know this Cy M. for a long time and knew his story as he used to tell it, until he took this NA deal over. He wanted us to join him, and we refused, as time passed this man began to say some very vicious things about my wife and myself, then after the Saturday Evening Post article, the man seemed to think my wife was the instigator of the deal, and he really went to town trying to harm us, we never go near his NA group and never will." • "This Cy M. and others on the AA institutional committee I spoke of before in this letter, have banded together, going into institutions and other AA meetings taking these narcotics addicts with them, and some of these addicts were not even (clean) sober, what kind of farce is this? And my wife gets the blame, an honest sincere member of AA, with complete sobriety for 8 years, come the 11th of December, God willing from good unbiased opinions and from AA members that have attended this NA meeting, they tell us the meetings stinks, "loaded addicts with addicts" and others who have some sobriety, are coming into contact with conditions like a young man telling he had just pulled a "job to buy dope," and more unsavory things take place, and telling others how to stay sober – this is first hand information. In the first place they do not admit they are powerless over alcohol. So I ask you how could we Betty and I, sanction such as this? For we are only interested in the individual who is an alcoholic first – and through his alcoholism maybe they went into the advanced stages of addiction to some form of drugs, not necessarily narcotics, not entirely but we work with anyone that has a sincere desire to obtain maintain and obtain sobriety from alcohol."

1957

DATE	EVENT
Nov. 1957	• "You say in your opinion the dual problem alcoholic, should be separate groups, and be no part of AA as a whole, well, if such be the case there should be separate groups for winos – vodka drinkers, whiskey drinkers, beer drinkers, fallen women, jail-birds, ex-cons, nut house inmates, etc…, as well as a special group for SIMON PURE ALCOHOLICS. The Tradition pamphlet states, "we do not want to be exclusive, but inclusive (never)" • Larry states that Bill is not "a so-called SIMON PURE ALCOHOLIC"[316]
November 7, 1957	**"Wages Lonely Fight to Aid Dope Addicts" written by Al Miyadi, appears in the *San Fernando Valley Mirror*. The interview is with Cy M., who appears under the pseudonym Mike Curtis.** "Somewhere in the city… There's a boy with a gun looking for someone to rob or kill. He's desperate. He' a drug addict. A study of crime in California revealed that one of every four crimes committed in this State can be traced directly to narcotics, that during a two-year period Los Angeles narcotics officers made 12, 461 arrests, that since 1930 juvenile narcotics arrests have risen 750%. For one week last month, the State Senate Interim Committee on Narcotics patiently listened while a parade of law enforcement officers, physicians, psychiatrists and other witnesses drew for them a picture as bleak and terrifying as any surrealistic painting. Yet, at the week's end the committee still seemed as far from any solution as when the hearing first began. If there was a solution to the drug problem, it obviously lay elsewhere, perhaps… Narcotics Anonymous P.O. Box 1043 Studio City, California

1957

DATE	EVENT
November 7, 1957	To this post office address once a day comes a squat, balding man, who quietly picks up the mail, then as quietly disappears into the stuccoed forests of a Valley surburbia. His name: Mike Curtis, head and founder of NA. To thousands of drug addicts, Curtis (a pseudonym) is known as a tough, aggressive do-gooder who's helped more than 50 people kick the habit, a man whose home frequently has served as a haven for ex-addicts in a world full of strangers, loneliness and heroin. Last week these same 50 (among them four doctors) crowded into a small, dimly lit room to help Mike Curtis spell out the ex-addict's solution to the drug problem: 1. Install a nationwide network of narcotics clinics were drugs would be administered free to addicts under medical supervision and with proper safeguards. ("Immediately you've disposed of the crime element…no black market, not profit….no profit, no crime.") 2. A complete curative "crash" program to take care of those now addicted. ("…a program, however, not to be considered complete until the addict is fully restored to society, i.e., a job.") 3. Introduce into the public schools a realistic course in narcotics ("Scare the hell out of them!") What about NA? Who are its members? NA is a nonprofit, charges no initiation fee, no dues. On money matters, they depend entirely on voluntary contributions. One instance: Rental for the hall used for their Friday night meetings is paid for by a psychiatrist outside their group. He also provides the coffee and doughnuts.



YOUR OWN LOCAL DAILY IN A METROPOLITAN NEWSPAPER

San Ferna

Mirror

LOS ANGELES, THURSDAY, NOVEMBER 7, 1957

Arrest of Teen-ager Solves 30 Burglaries

Wages Lonely Fight to Aid Dope Addicts

Boy, 17, Admits Crimes

1957

DATE	EVENT
November 7, 1957	In the four years of its existence (begun in 1952 with four members), NA has drawn over 700 prospective members. Only 50 have remained. Twenty-three of the members are married, and, of these, nearly all have children. Curtis sets the group's age average at around 22. Over 75% of them have prison records, and 65% have had hospital treatment for drug addiction. Curiously enough, of the 50 members, 35 live in the Valley and most of them come from middle-class families (exception: a 19-year-old youth who earned $19,000 last year, spent $11,000 on heroin. And how did NA begin? It began the day Curtis (a 50-year-old ex-Navy man whose experiences include those of bookie, youth counselor and onetime member of Alcoholics Anonymous) made up his mind to quit three things: 1. Morphine, which he was able to secure easily as an outpatient suffering the pains of an injury sustained during World War II. 2. Liquor, to which an increasing dependence on morphine had driven him. 3. Alcoholics Anonymous, from whose sanctuary he finally emerged as a man humbled with new wisdom. 4. As Curtis puts is, NA took shape when "I suddenly realized that the problems of an alcoholic were essentially the same as those of an addict." Result: Curtis applies exactly the same principles of AA to NA. Is NA a success? "We could have done a lot better," concedes Curtis. Still, Curtis doesn't think NA has been a flop, either. As he points out, the Federal hospitals experience a relapse rate of over 95%, spend an estimated $4000 on a single cure. "A cure takes guts," adds Curtis sadly, almost wistfully, "and it's hard for a weak man to be brave." Somewhere in the city… The city is a jungle, and the beast has flushed his quarry. The boy with the gun aims, fires.[317]

1957

DATE		EVENT
Nov.	**7, 1957**	**Bill W. writes Dick C. (Chit Chat Farm – now Caron Foundation) to thank him for his letter to Betty T. dated October 19, 1957.** Bill references the upcoming article for the *A.A. Grapevine* that will cover the question of "endorsement alliances, double purpose groups and the like."[318]
Nov.	**25, 1957**	**Bill W. writes Betty and Larry** • He references the upcoming article he is writing for the Grapevine and asks for their input on the following eight points he addresses: 1. "Alcoholics Anonymous is for those that have a real alcoholic history. In open meetings other people can be brought into association with us, but not into membership. This even goes for our own families. Family members are not AA members, family groups are not listed in the World Directory, and they have their separate organization. If AA cannot, and will not, their families as AA members, why should we receive anyone else, no matter what problems they have? This is the situation with non-alcoholics, who have other problems. They currently ought to be allowed into open meetings, but not as a full membership: they have no drinking history which would enable them to function to as AA's. They could not well do 12-Step work with straight alcoholics, nor testify often at meetings and so forth. Therefore I don't see any way that we can make them AA members ought of narcotics, depressants, sedatives – that is if they no alcohol problem. I gather that you already agree with this, but I thought I would reiterate the point. This is impossible under AA Traditions and it is also impossible in a practical sense. At least, this is my present conviction. 2. (paraphrased) Never less, AA membership is wide open to anybody who has a bonafide alcoholic problem, no matter what their other problems are. They may also be narcotics, homosexuals, or people like me – depressives…So everybody is entitled to AA membership, provided that they are alcoholics, irrespective of what other problems they have. I'm sure you would agree to this. 3. I do not see, either, how anyone could object if their AA members – people having alcoholic problems – decide to form other groups to deal with additional problems, such as narcotics, depressives and the like. It is my understanding that your HFD Group does just this. I am warmly for such operations. For example, in the

DATE		EVENT
Nov.	**25, 1957**	January Grapevine, you will see a piece that deals with the subject of depressants and which recites the fact that I have had a lot depression trouble myself. Someday I hope to get together a group of AA's who have suffered depression as well as alcoholism. In fact, I often see depressives in AA and try to help them with their depression. We have never our banded ourselves together in a formal group, but it may be a very good idea if we did, just as you have done with people who have sedative or narcotic affliction... 4. I now come to the point in which we differ. Supposing I gather some AA's into a group for the special purpose of dealing with depression. This would be a group of AA members which are gathering for a very special purpose. They would be dealing with a melee which is found among AA's, but which is by no means suffered by everyone. Instead of being an AA group devoted to staying away from alcohol and helping newcomers do likewise, they would primarily be a group of AA's interested in the subject of depression. This group would not really be an AA group at all, but it would be a group of AA's dedicated to the special purpose. Therefore, such a group could not carry the AA name, nor be listed in the World Directory as a straight AA group. Supposing my depressive group – to be – were listed in the directory. Suppose that a newcomer, seeing the listing, came to one of our meetings and heard nothing or much about alcoholism, but very much about depression. Or, supposing that a member who never had a sedative or narcotic problem, walked into your group only to find that the talk was largely on a subject in which he was not interested. Therefore, we have to distinguish between a straight AA group where alcohol is the primary topic, and a group of AA's who happen to be devoted to a problem that specially interests them. The former is entitled to be listed as an AA group, but I don't believe the latter would be. It's easy to see where this precedent might lead. We have, for example many AA members who have who belong to religious retreat groups. We all think these groups are very good, for those who want and need them. But how in the dickens could we still be called AA groups? They are not AA groups at all; they are groups of AA's dedicated to a special purpose. It would be absurd to list them or describe them as AA groups, wouldn't it? 5. I think the confusion arises in your case because narcotics, sedative takers and alcoholism all suffer from addiction – some to alcohol, some to drugs, and some to both. Because the narcotic taker is the first cousin to an alcoholic he naturally would like to become a brother. Therefore the friction has sprung up, here and there,

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DATE		EVENT
Nov.	**25, 1957**	that an alcoholic is a narcotic, even though he has no sedatives or drugs. And, vice versa narcotics who never guzzled a pint of liquor, sometimes claim they are alcoholics, because alcohol is a narcotic. Personally I think this is kind of a rationalization that won't work practically and at best it's only a half truth. Supposing that a homosexual to say I've never had an alcoholic history but I do have a compulsion. Alcoholics also have a compulsion therefore I'm an alcoholic. That would be absurd, wouldn't it? Therefore for AA purposes I think we have to forget about the theory that alcoholics are narcotics and narcotics are alcoholics. A single person may have both addictions. But if he only has one it doesn't mean that he has the other. Don't you think this is where we should draw the line? 6. Personally, I've always hoped that the AA member who also had a narcotic problem would someday would have success in forming groups that contained drug users who never drank at all. I have felt that members like you folks might prove to be invaluable in directing that groups like Addicts Anonymous and Narcotics Anonymous could be infiltrated by AA's had both problems and be greatly benefited. I'm sorry to hear that you say this probably can't be done; that so far you have had no success. This is certainly disappointing, but I'm certainly willing to take your word for it, as you are experts in this matter and I am not. 7. Never less, in some of the AA prison groups, we have straight narcotics attending AA meetings. Some of these groups carry titles that would suggest they are, in fact, "dual purpose" groups. For example we have one that calls itself the Barley-Poppy Group. It includes straight addicts who never had a drinking problem. Now if a group like this could work in prison to help both problems, then I'm all for it. But as long as it carries the label Barley-Poppy I do not see how it could be listed in the AA Directory. On the other hand if the AA's in such a group were to choose another title and taking narcotics to their meeting on an invitational basis, I would think that they could remain, under the principle of group autonomy, as straight AA groups. But I don't believe they should lead the straight addicts to believe they have become actual AA members, or will necessarily be received anywhere by AA groups on the outside. Such a dual purpose group can solve its problem therefore in two ways; it can discard the dual purpose title and place the straight addicts on an invitation basis. Or it could keep the dual title and forego its listing as an AA group. It does seem to me that it must be one or the other. What do you think?

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DATE		EVENT
Nov.	**25, 1957**	8. One more point occurs to me. Now suppose I have a friend who is a straight narcotic. He hears about AA and wants to go to a meeting. Though I couldn't take him to a closed AA meeting, I might be able to take him to an open AA meeting. But again, I have to put him on an invitation basis. I cannot force him into membership in an AA group, insist that he speak at meetings, or demand that he do 12-step work with straight alcoholics, or serve on the group's committees. I simply can't force people into AA who do not have a bonafide drinking problem. How could I? Moreover, under group autonomy, an AA group can include such people entirely if they wish. Though I would devotedly wish they did not do this at their open meetings. In some cases, open meetings are restricted to families and close friends. And certainly groups have the right to make such restrictions if they wish. But I do not hope the day will come when such groups receive people with other problems as observers and that some AA's in such groups will take a special interest and help these folks in the formation of outside groups to deal with their special problems anyway they can. I do not think AA ought to be a closed corporation. But AA certainly cannot endorse other causes, cannot list as an AA groups those whose primary purpose is some of the other problems, whether within AA or without. At the present time, your HFD Group is listed in the World Directory. This implies that it is a straight AA group, and primarily interested in alcoholism. But actually it is interested in something more…the subject of narcotics. In fact, your members are interested in the HFD Group for the very reasons they are sedative takers or narcotics. Otherwise, they would have no need for your fine activities. Now I want to ask you if you have any objection if we took the HFD Group out of the World Directory. I really think we ought to do this. But to make sure that you people can be found, it maybe that we keep a file on such groups as your and thus be in a position to make reference for the benefit of alcoholics who have a narcotic problem, also. We feel that your local Intergroup association might be glad to do the same thing. Therefore, people could reach, almost as readily as they do now. So when all this is said and done, it seems to me to be no reason why you shouldn't go on exactly as you have been preceding, except that I think that you might try to give up the idea of being listed as an AA group in the directory. As I see it, you are not an AA group. You are instead a group of AA's dedicated to a special purpose. This is a distinction that I think we shall need to make but I may be completely wrong about this Perhaps you can show, under the AA Tradition, or as a practical matter while your listing should be retained. Please to be sure that I haven't a closed mind on this question, and do let me know how you feel."[319]

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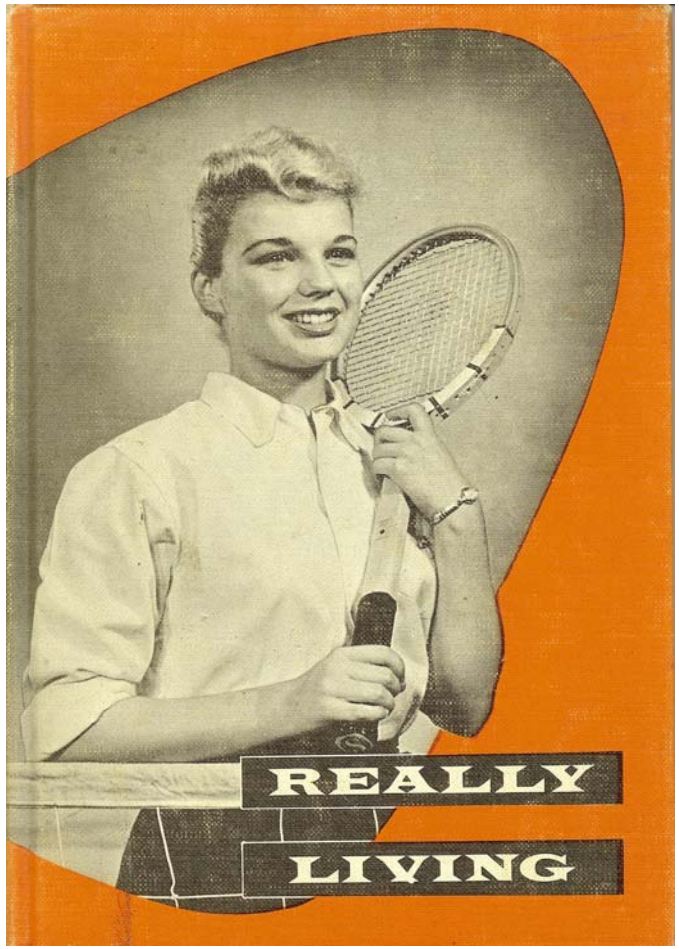
DATE		EVENT
Nov.	**29, 1957**	**Betty responds to Bill's letter dated November 25. 1957 stating that she and Larry are no longer disturbed.** • Betty does not agree that the HFD group should be removed from the World Directory, listing the following reasons why: • Traditions 1 – 6 in particular • "We are <u>not</u> interested in the subject of NARCOTCS" • "H.F.D. can mean how far down, – hope – faith and desire – and many other things too numerous to mention, it does not have to mean habit forming drugs" • "We have as a group of AA donated our share G.S.H. Fund, each month we have been able to, and this money is not mine but belongs to the members who attend our meeting!" • "Back seven years ago I did try working with straight drug users and after less than six months, I was so confused I had to give it up, as they were too difficult to try and help, so long as they did not have an alcoholic problem…" • "I am sorry that I am unable to be of much help to the straight narcotic addict, I try in my spare time if one is sent to me to talk to, to give them some ideas of what they can do and refer them to the Narcotics Anonymous, if that is what they want, or suggest they attend an open meeting of AA, but I gave up a long time ago trying to change anyone if they are not alcoholics, they cannot understand this program and maybe it is better to try and just help anyone as Tradition says what has the fatal symptoms of our malady or whether their case by severe or light it is up to them to find the answer, I can only try to carry the message as it was carried to me!" • "I think that has been a proven fact we have a good down to earth meeting ask Dick C., we discussed the first step the night he attended."[320]
Dec.	**16, 1957**	**Bill writes Betty and Larry.** "Though I still think that if your emphasis in the HFD Group, is still upon sedatives, you might do even better to include it among the special purpose groups. However, I think the office will be inclined to accept your change of title respecting the group and your declaration that it is a straight AA group. If headquarters does this – something which I can't of course promise – then all of our problems will be solved, won't they! In this connection, I hope you will like the forth coming piece which I am concerned with the narcotic problem that I am publishing in the February Grapevine."[321]

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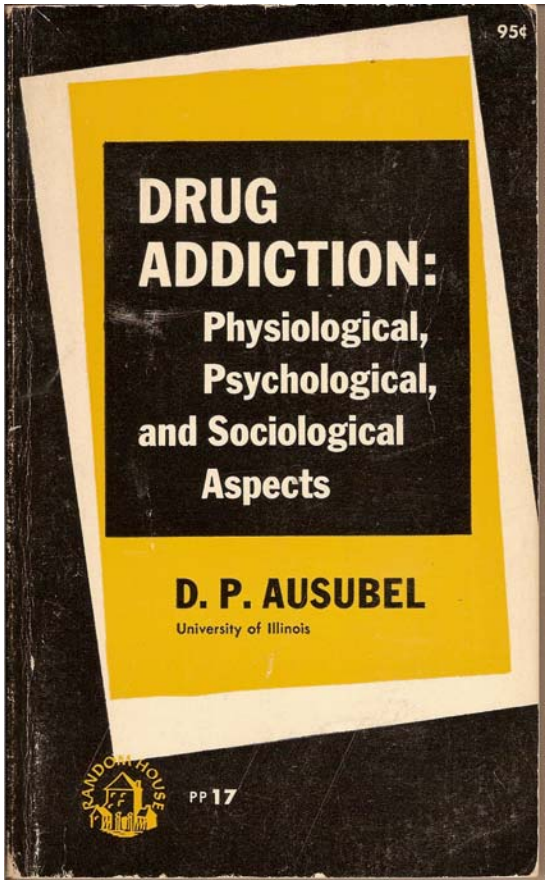
DATE	EVENT
1957	The following excerpt is from "Narcotics Addiction and Its Treatment," an article by Charles Winick that appeared in *Law and Contemporary Problems*. "…A related method of therapy is the kind of mutually-supportive group therapy offered by Narcotics Anonymous (NA), developed at Lexington in 1947 and started in 1949 by Daniel Carlsen, an ex-addict who spent a good part of his life in an almost single-handed attempt to help addicts to help themselves. Its approach is similar to that of AA (Alcoholics Anonymous), and it has branches in many cities. It has used the 'buddy system' successfully, by assigning an older member of the group as a sponsor of each new member. NA only accepts member who are off drugs, and its meetings often provide constructive and reassuring opportunities for an ex-addict to hear his own problems discussed with other ex-addicts who have undergone the same sensations and difficulties. It is typical of our society's attitude toward addiction that NA has never been able to raise funds in the community. Each attempt to raise money has been unsuccessful because the people approached were convinced that the money would be used to buy more drugs for the NA members! NA, however, has made a good start toward gaining public confidence and providing a useful facility for ex-addicts. It has underlined how important it is for ex-addicts to get reassurance and support from others in the community…"[322]

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DATE	EVENT
1958	 **The following is from the book *Really Living*, published by Narcotics Education, Inc.:** "Daniel Carlsen: Founder of Narcotics Anonymous and organizer of the National Advisory Council on Narcotics. An addict himself for twenty-five years, Danny Carlsen took the "cure" repeatedly, only to fall back into addiction. Finally, a religious experience helped him gain the victory, but he literally gave his life in vigorously striving to stamp out drug addiction in the United States. Danny was a popular speaker before civic, religious, social, medical, student, fraternal, patriotic, veterans', and other groups, and frequently appeared at staff conferences in hospitals and at symposiums in universities, as guest on radio and television programs."[323]

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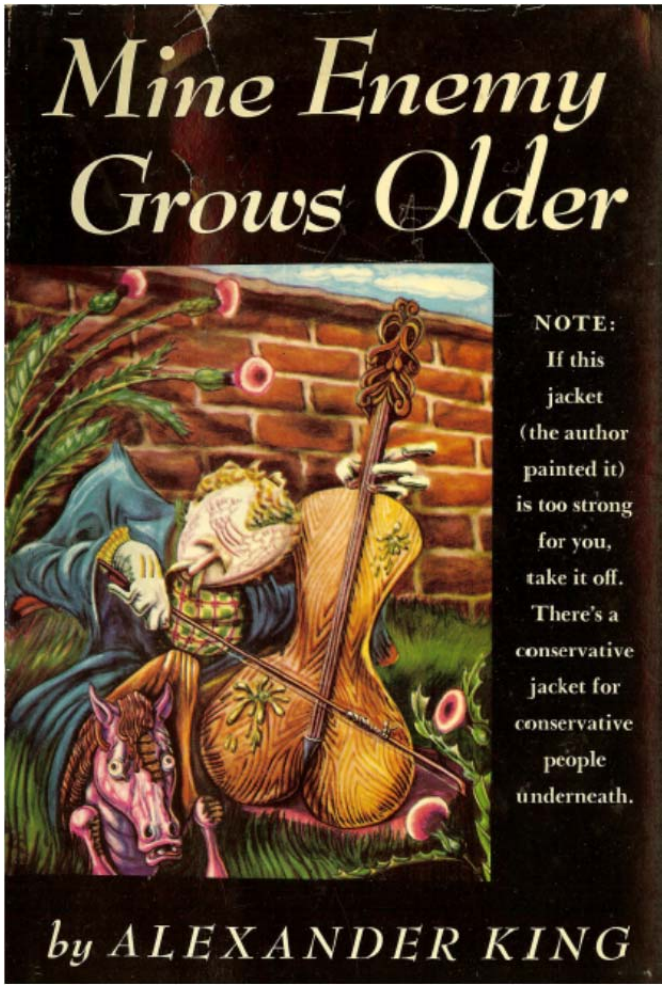
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DATE	EVENT
1958	**The following excerpt is from Dr. David P. Ausubel in the book *Drug Addiction: Physiological, Psychological, and Sociological Aspects*:**  "In 1947, an Addicts Anonymous group was formed paralleling the structure and goals of Alcoholics Anonymous. The latter group has achieved considerable success in preventing relapses to alcoholism by embracing spiritual values, belief in God, and reliance on mutual help, self-criticism and expiation. The efficacy of the addicts' movement has yet to be determined. It is doubtful whether it will prove as successful as the parent movement since opiate addicts generally have less mature personalities than alcoholics, and less experience in satisfying basic needs without the use of drugs."[324]

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DATE	EVENT
1958	**Alexander King writes about his experience with Addicts Anonymous at Lexington in his book *Mine Enemy Grows Older*:** "Then someone suggested that I join the newly formed Addicts Anonymous. I am instinctively leery of joining anything. I never joined the Communist Party, the Automobile Club of America, or even the Camp Fire Girls, but I did go to one of the meetings of Addicts Anonymous. They were nice people, elderly people mostly, who had by their own testimony wrestled bravely with the dope demon. They had always lost. Most of them were chronic recidivists, and some cynics claimed that you couldn't join unless you had been to Lexington at least six times. A good many inmate doctors belonged. Not the ablest, nor the brightest, but the oldest. The only exception was their chairman, a doctor in his mid-thirties. He housed along my corridor and it was he who had induced me to come. His name was Elmer Bishop."[325]

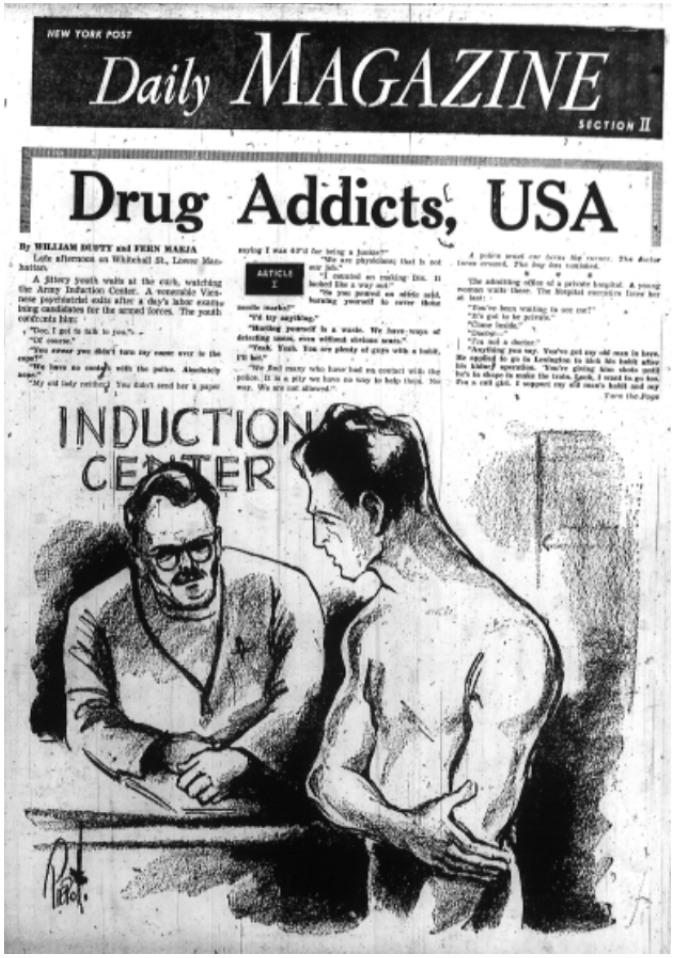


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DATE	EVENT
1958	**The Alcoholics Anonymous General Service Headquarters World Directory lists the H.F.D. with parentheses (Hope-Faith-Desire) Group of AA, in Santa Monica:** "H.F.D. Group – Betty T., 1319-14th St. (Exbrook 5-2163)" Membership is listed at 18. Contributions are listed at $120.00[326] **(Author's Note: See the following letters for background on the name change 1. November 25, 1957 letter to Betty and Larry T. from Bill W.; 2. November 29, 1957 letter to Bill W. from Betty T. and; 3. December 16, 1957 letter to Betty and Larry T. from Bill W.)**
January 1958	***The New York Post* runs a 12 article series written by William Dufty and Fern Marja titled "Drug Addicts, USA."** **January 6, 1958 – Article I** "A young wife, frantic at the discovery that her husband is using heroin, and determined to save her marriage, telephones a local newspaper, asking for the address of Narcotics Anonymous, an organization she has read about. From its files the newspaper digs out the address of the NA meeting place, and the customary night of their session. The young wife broods and plans for an entire week, hopeful of being able to talk her husband into attending the meeting. She broaches the subject hesitantly, fearfully. His ready agreement disarms her. They plan to go to the meeting together. They go, as directed, to a meeting room at a downtown YMCA. They wait for an hour. Nobody shows. Another hour. They are still the only people in the place. The young couple heads home in despair."[327] **January 10, 1958 – Article V** "Boredom is the chief extracurricular activity. Some of this is relieved by total griping, some by meetings of Narcotics Anonymous, an organization patterned, after Alcoholics Anonymous that has survived only fitfully outside institutional walls, (There's a mystic element about NA that's terrifying," said Prince. "They all get together and confess their sins and, after you listen, to five or six of them, you realize how much pleasure they're getting out of it. They're empty people and this is their only adventure.)"[328]

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DATE	EVENT
January 1958	**January 14, 1958 – Article VIII** Celia had heard about Narcotics Anonymous. She got their address. She didn't know that it had virtually ceased to exist…Celia wrote to NA, portraying herself as an addict in need of help. After several days, she got a call from Major Dorothy Berry of the Salvation Army's Prison Department. The hearty Shavian Major is a veteran of many frustrating years trying to help the problem people in the city's underground. Major Berry referred Johnny and Celia to Nathan Zucker, Director of the National Family Council on Drug Addiction at 401 West End Av. They got an appointment the same day." [329] **January 19, 1958 – Article XII** "Even the crypto-religious ideas at the root of Narcotics Anonymous seem foredoomed to failure outside an institutional setting because of the shadow of the law. Major Dorothy Berry of the Salvation Army, a cheerful individualist who is waging a one-woman war against the myths that have been incorporated into drug addiction laws, sums it up out of bitter experience: The 12-step approach of Alcoholics Anonymous won't work with addicts unless you could try it in the lobby of the YMCA. If a fellow was about to go back on drugs and called a former addict couldn't risk it. The place might be raided and you'd have two fellows in trouble instead of one."[330]  NEW YORK POST Daily MAGAZINE SECTION II Drug Addicts, USA By WILLIAM DUFFY and FERN MARJA INDUCTION CENTER

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DATE	EVENT
February 1958	**After mounting tensions within Alcoholics Anonymous related to the straight addict attending AA, Bill W. addresses this subject in the February 1958 issue of the Grapevine.** Problems Other Than Alcohol: What Can Be Done About Them? PERHAPS THERE IS NO SUFFERING more horrible than drug addiction, especially that kind which is produced by morphine, heroin, and other narcotics. Such drugs twist the mind and the awful process of withdrawal racks the sufferer's body. Compared with the addict and his woes, we alcoholics are pikers. Barbiturates, carried to extremes, can be almost as bad. In AA we have members who have made great recoveries from both the bottle and the needle. We also have a great many others who were--or still are--victimized by "goof balls" and even by the new tranquilizers. Consequently, this problem of drug addiction in its several forms lies close to us all. It stirs our deepest interest and sympathy. In the world around us we see legions of men and women who are trying to cure or to escape their problems by this means. Many AAs, especially those who have suffered these particular addictions, are now asking, "What can we do about drugs—within our fellowship, and without?" Because several projects to help pill and drug takers are already afloat--projects which use AA's Twelve Steps and in which AA members are active--there has arisen a whole series of questions as to how these efforts, already meeting with not a little success, can be rightly related to the AA groups and to AA as a whole. Specifically, here is a list of questions: (1) Can a *non-alcoholic* pill or drug addict become an AA member? (2) Can such a person be brought, as a visitor, to an "open" AA meeting for help and inspiration? (3) Can a pill or drug taker, who also has a genuine alcoholic history, become a member of AA? (4) Can AAs who have suffered both alcoholism and addiction form themselves into "special purpose" groups to help other AAs who are having drug trouble? (5) Could such, a 'special purpose;' group call itself an AA group? (6) Could such a group also include *nonalcoholic* drug users? (7) If so, should these *non-alcoholic* pill or drug users be led to believe that they have become AA members? (8) Is there any objection if AAs who have had the "dual problem" join such outside groups, such as Addicts Anonymous or Narcotics Anonymous?

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DATE	EVENT
February 1958	While some of these questions almost answer themselves, others do not. But all of them, I think, can readily be resolved to the satisfaction of everyone if we have a good look at the AA Traditions which apply, and another look at our long experience with the special purpose groups in which AAs are active today--both within and without our society. Now there are certain things that AA cannot do for anybody, regardless of what our several desires or sympathies may be. Our first duty, as a society, is to insure our own survival. Therefore we have to avoid distractions and multi-purpose activity. An AA group, as such, cannot take on *all* the personal problems of its members, let alone the problems of the whole world. Sobriety--freedom from alcohol--through the teaching and practice of the Twelve Steps, is the sole purpose of an AA group. Groups have repeatedly tried other activities and they have always failed. It has also been learned that *there is no possible way to make non-alcoholics into AA members*. We have to confine our membership to alcoholics and we have to confine our AA groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone. To illustrate, let's review some typical experiences. Years ago, we hoped to give AA membership to our families and to certain non-alcoholic friends who had been greatly helpful. They had their problems, too, and we wanted them in our fold. Regretfully, we found that this was impossible. They couldn't make straight AA talks; nor, save a few exceptions, could they identify with new AA members. Hence, they couldn't do continuous Twelfth Step work. Close to us as these good folks were, we had to deny them membership. We could only welcome them at our open meetings. Therefore I see no way of making non-alcoholic addicts into AA members. Experience says loudly that we can admit no exceptions, even though drug users and alcoholics happen to be first cousins of a sort. If we persist in trying this, I'm afraid it will be hard on the drug user himself, as well as on AA. We must accept the fact that no non-alcoholic, whatever his affliction, can be converted into an alcoholic AA member. Suppose, though, that we are approached by a drug addict who nevertheless has had a genuine alcoholic history. There was a time when such a person would have been rejected. Many early AAs had the almost comical notion that they were "pure

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February 1958	alcoholics"--guzzlers only, no other serious problems at all. When alcoholic "ex-cons" and drug users first turned up there was much pious indignation. 'What will people think?' chanted the pure alcoholics. Happily, this foolishness has long since evaporated. One of the best AAs I know is a man who had been seven years on the needle before he joined up with us. But prior to that, he had been a terrific alcoholic and his history proved it. Therefore he could qualify for AA and this he certainly did. Since then, he has helped many AAs and some non-AAs with their pill and drug troubles. Of course, that is strictly *his* affair and is no way the business of the AA group to which he belongs. In his group he is a member because, in actual fact, he is an alcoholic. Such is the sum of what *AA Cannot* do--for narcotics addicts or for anybody else. Now, then, what *can* be done? Very effective answers to problems other than freedom from alcohol have always been found through 'special purpose' groups, some of them operating within AA and some on the outside. Our first special-purpose group was created 'way back in 1938. AA needed a world service office and some literature. It had a service problem that could not be met by an AA group, as such. Therefore, we formed a Board of Trustees (The Alcoholic Foundation) to look after these matters. Some of the Trustees were alcoholics, and some were non-alcoholics. Obviously, this was not an 'AA group.' Instead, it was a group of AAs and non-AAs who devoted themselves to a special task. Another example: in 1940, the New York AAs got lonesome and installed themselves in a club. The club had directors and dues-paying AA members. For a long time, the club members and directors thought that *they* were an AA group. But after awhile (sic), it was found that lots of AAs who attended meetings at "Old 24th" didn't care one hoot for the club, as such. Hence, the management of the club (for its social purpose) had to be completely separated from the management of the AA group that came there to hold its meetings. It took years of hassling to prove that you couldn't put an AA group into the club business and make it stick. Everywhere today, club managements and their dues-paying members are seen as 'special purpose' groups, not as AA groups.

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DATE	EVENT
February 1958	The same thing has happened with drying-out places and 'Twelfth Step Houses' managed by AAs. We never think of these activities as "AA groups." They are clearly seen as the functions of interested individuals who are doing helpful and often very valuable jobs. Some years ago, numbers of AAs formed themselves in 'retreat groups' having a religious purpose. At first, they wanted to call themselves 'AA groups' of various descriptions. But they soon realized this could not be done because their groups had a dual purpose: both AA and religion. At another time a number of us AAs wanted to enter the field of alcohol education. I was one of them. We associated ourselves with some non-alcoholics, likewise interested. The non-alcoholics wanted AAs because they needed our experience, philosophy, and general slant. Things were fine until some of us AAs publicly disclosed our membership in the educational group. Right away, the public got the idea that this particular brand of alcoholic education and Alcoholics Anonymous were one and the same thing. It took years to change this impression. But now that this correction has been made, plenty of AA members work with this fine group and we are glad that they do. It was thus proven that, as individuals, we can carry the AA experience and ideas into *any outside field whatever*, provided that we guard anonymity and refuse to use the AA name for money-raising or publicity purposes. I'm very sure that these experiences of yesterday can be the basis of resolving today's confusions about the narcotic problem. This problem is new, but the AA experience and Tradition which can solve it is already old and time-tested. I think we might sum it up like this: We cannot give AA membership to non-alcoholic narcotics-addicts. But like anyone else, they should be able to attend certain open AA meetings, provided, of course, that the groups themselves are willing. AA members who are so inclined should be encouraged to band together in groups to deal with sedative and drug problems. But they ought to refrain from calling themselves AA groups.

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February 1958	There seems to be no reason why several AAs cannot join, if they wish, with a group of straight addicts to solve the alcohol and the drug problem together. But, obviously, such a 'dual purpose' group should not insist that it be called an AA group nor should it use the AA name in its title. Neither should its 'straight addict' contingent be led to believe that they have become AA members by reason of such an association. Certainly there is every good reason for interested AAs to join with 'outside' groups, working on the narcotic problem, provided the Traditions of anonymity and of 'no endorsements' are respected. In conclusion, I want to say that throughout AA's history, most of our special-purpose groups have accomplished very wonderful things. There is great reason to hope that those AAs who are now working in the grim regions of narcotic addiction will achieve equal success. In AA, the group has strict limitations, but the individual has scarcely any. Remembering to observe the Traditions of anonymity and non-endorsement, he can carry AA's message into every troubled area of this very troubled world. Bill W."[331]
March 1958	A letter received some months ago at the AA General Service Headquarters is published by the *A.A. Grapevine* because "the editors felt is sufficiently representative of a –doubtless small – segment of AA experience to be useful. The pamphlet referred to, *Sedatives and the Alcoholic*, is at present undergoing revision, with a view to including material on drugs other than the barbiturates which are of potential and demonstrable danger to the alcoholic." The letter, from an anonymous member in AA in Springfield, published in the *A.A. Grapevine* under the title "Do I Have A Permanent Hangover?" reports having picked up the AA pamphlet *Sedatives and the Alcoholic* and read it with great interest…The author joined AA in 1953, finally sobering up in 1955. Later the author reports "as I was very nervous, I went to a doctor and got a sedative…This turned out to be the most expensive call of my life. Although I did not know it at the time, what I was given for sedation was a bromide. I was only told that it contained no dope of any kind. Oh, there were directions on the bottle…twenty drops three or four times a day." The author wrote to the GSH asking if they could add a "big warning about bromides into any revised edition that may be published by Sedatives and the Alcoholic."[332]

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May 1958	May *A.A. Grapevine* "From the Grass Roots" Rita M from Brooklyn describes ending up in a psychiatric ward as a result of beginning to take barbiturates after being sober in AA for 3 years.[333]
May 19, 1958	**The following testimony is provided by Mr. Jack G. to the California Legislature Subcommittee on Narcotics and Dangerous Drugs:** "Mr. G.: I am Jack G. I am here as a layman to speak about the Narcotics Anonymous group, not as a member of it, but as one of the originators in this area, of the program. I want to say right here that since I have been here, I am the first layman and so I am going to have to speak from factual experience rather than from intellectual knowledge on this problem of narcotic addiction. Let me preface these remarks by saying that I am also an alcoholic and have been a member of Alcoholics Anonymous consistently and continually for 11 years. I have been very active in the Institutional Committee whose prime object is to carry the message of AA and the rehabilitating factor into hospitals and prisons. We have a program in Camarillo and in Metropolitan State Hospital and have had for a number of years, with varying degrees of success. This program of narcotic addition, or the problem thereof, to the public, is a very grave one, we understand. However, there are some phases of it that I think have been overlooked by this Committee, so far; at least from my own personal observation. In the first place, we have forgotten in most cases that the addict is a human being and a member of society, if society will allow it. In my experience, over the last five years, I have known no addict, who, while in supply, committed any crime. The crimes came at the time that they were unable to get a supply or were so low that they could see, in the foreseeable future of a few hours, that they would need a shot and may not have it. It is at this time that they become desperate as any other ill man will and o out and use any means to procure that which will make them, 'live again,' so-to-speak. In the last five years, our one group in the North Hollywood area, has been able to arrest the addiction of 125 addicts, in this area. These addicts range clean from three weeks to five years. Their ages run from 14 to 55. We have been able to start three meetings, the North Hollywood one, the one in San Diego and recently one in the city of Downey. We have

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May 19,	**1958**	been in contact with the Fort Worth Hospital and they are using some of our pamphlets and some of our ideas. We recently received a communication from Colorado asking for information to be put into a program in their State Women's Penitentiary. Now, the suggestions that I would make on this problem: In the first place, we are faced right now with the lack of medical facilities for those who would like to get off of the , 'stuff.' Thursday night I received a call from a young lad who is 23 years old, married, lives in this section of town that is noted for its addiction and he has three young children and a wife and $250.00. He approached a doctor who he was told would accept narcotic addicts in his sanitarium and was turned down because this man wanted the full $250.00 before he would be admitted for withdrawal purposes. I understand full well that if a man got there because of his own doing, but on the other hand there was a wife and three children to take care of from seven to nine days and if the cost of withdrawal was $250.00, what were the family going to use to live on. It is impossible in this city, and I assume in any other, to arrange support for a family in seven days. They can starve to death before our agencies can go through the procedure to give them the necessary aid. We have a sanitarium in the North Hollywood area that at one time would accept addicts. Now they have gone up to $30.00 per day with a minimum of seven days, paid in advance. You hear many stories of the fact that these addicts are twenty to a hundred and fifty dollar a day habits, and it is very easy for the common people to say, 'If they can make that kind of money for an addiction, they certainly can pay that kind of money to get well.' I disagree with this fully because when a man is getting well he doesn't do the things that he would do to stay sick. In other words, I doubt seriously if the addict, in most cases, is able to get out and get a job that will pay him forth, fifty, or a hundred dollars a day in an acceptable manner. It would be quite a good job. However, he can do the various things they do to get that kind of money per day when he is trying to support a habit and so, when he is faced with the fact that he must bring up this kind of money to pay for a withdrawal session, he is stymied for any future rehabilitation factor. The group of Narcotics Anonymous have, over these past years, made these inroads simply because we, as a group, are perfectly willing to give of our time and of ourselves and even of our money to do this. I personally have taken addicts

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May 19,	**1958**	Because of this kind of harassment, we have had to move three times. The only suggestions I would like to make further than that, that we be allowed, be furnished, a clinic of some sort where a man could go without fear of reprisals from the officers, from the law, a place where they would not be turned over and made to register as an addict. There are many of the group that I know of personally, who have contacted us, who have never been in trouble with the law. They never have. One of the biggest things that we have also to combat, is the fact of employment. A man gets out of the hospital or prison and he goes looking for a job and he looks even as you and I, gentlemen, when he goes out looking for the job. He may be fully qualified for it and then it comes, 'Do you have any record?' And it is known that he is a narcotic addict. He is now clean and the only word that you have is the man himself; he says he's clean and immediately a wall goes up, 'No, we can't accept this man,' simply because they don't know what an addict will do. They don't have any idea. It's an unknown quality and so the man is denied the right to make a living. This has happened many times. Our group has been fortunate in the past to be able to contact some of the industries who are willing to give us a chance and have employed many of our people. One young lad that I have in mind is now in business for himself in the air conditioning business after some discussion with his previous employer in order to gain that employment. Another young lad is now the foreman of a glass company who was taken in because some of us went down and begged this man to give him a chance and he did. So we would like, for this problem, to be given a chance to talk to the addicts as they are now in some cases, some of the parole men refer them to us, some lawyers, in town and some doctors. With this type of thing, we cannot have a 100% cure because I don't believe any program would. It takes a combination of a lot, but we think that you should use a basis of understanding of this type of program or furnish or show us where we can get relatively cheap clinics for medical use and allow us the privilege of talking to these men as one addict to another. I would just like to say this in closing, as to this clinic proposition, that for some ten years I have been stumping the area here for a clinic that would cost the tax-payers relatively little. At the General Hospital, there is a ward down there not

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May 19,	**1958**	being used. It is fully equipped. In learning to be a nurse or a doctor, it is necessary, I am told, to study the problem of alcoholism and narcotism. This is done by the intern and by the nurses, the student nurses. If this ward were made available to us on a one shot basis, where the narcotic addict or the alcoholic could not go in time after time, but would have one chance to go in and get the necessary medical treatment, to be studied and handled by the interns and the nurses, to have the therapy of Narcotics Anonymous given by members of this organization, I feel that in this way we could curtail a great measure of the problem facing the city today. The Chairman: Thank you. Does any member wish to ask questions? Mr. Rumford: Mr. G., most of the people that you get here have been former users or users presently or what are the majority of cases that you get? Mr. G.: The majority, I would say, have been former users. We have one premise that we stand on and this is that you are allowed to come to your first meeting, 'high'. From that time on you are not allowed in our meetings at all if you have taken a shot or a barbiturate of any kind. We have many people who come because they are high and have heard about it or have talked to other addicts, and they come while still high and we help them withdraw, if possible. Mr. Rumford: You get a few of those? Mr. G.: We get a few of those. Mr. Rumford: So the majority there - - well, we can't say cured, but at least they are clean? Mr. G.: They are clean at the moment. We get a great number of them on releases from prisons. As you are all aware, we have a program such as this in Soledad at the moment. We get a number of their releases.

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May 19,	**1958**	Mr. Rumford: How many persons within your working group reoccur or get out of line and get back into it? Mr. G.: I would say, as near as we can tell at this time, and these are figures that change all the time, because - - I liked very much what Dr. May said that if you have cancer, you have a three year cure if you don't get cancer in three years. We say that a man, a narcotic addict, is cured if he dies without a fix, so with this in mind we have about 40% of the people who we contact the first time, who come to the meetings, as of now, are clean. What happens to the other 60% some of them go out and come back and we consider this about 25% who have gone out and come back as far as our records can show. The others are people that have gone away and moved out of this area or gone someplace else. Mr. Rumford: About 40%? Mr. G." I would say that the first contact with our organization, that 40% will remain clean. Mr. Rumford: Now you made some reference to a section of town noted for addiction. Now, I am sure you meant where they congregate, is that correct, or what did you have reference to when you said, 'the section of town noted for its addiction?' Mr. G.: Just that. Mr. Rumford: You mean there are a greater portion of people who live in that area who use narcotics? Mr. G.: That's right. Not where they congregate, because as, speaking with Mr. Clarkson at lunch, it is well known fact in this town that in any given area, within 14 blocks, you can get a fix, so you don't have to congregate anyplace to get narcotics. It just seems that in our experience that in one section of town - - in fact, there are two sections to our knowledge, that are prevalent in addictions more so than any other. That is what I was referring to.

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May 19,	**1958**	Mr. Rumford: It is probably known among those people who either use or are users? Mr. G.: That is correct. Mr. Rumford: Is there any particular reason for that, economic or - - Mr. G.: That would have a lot to do with it. Economic on both the high level and the low level. We have members of our groups who are - - I am thinking now of a member of one of the finest families of this ton, as wealthy as they come, who is a member of our group simply because there is so much money that the thrill of living is gone. You don't go to a show to enjoy it. You don't drive a Thunderbird and enjoy it because you have these like you would have milk in the mornings. This is an added kick, an added something for the spice of life, so to speak. We have found in our experience that both levels of our society, the highest and the lowest, are more prevalent in addiction than the others. Mr. Rumford: It is generally true that those people who live in the best class and the most money are not apprehended by the police? Mr. G.: Very true. I happen to know of one who is the wife of a very eminent doctor who has been on the stuff for ten years. She will never be apprehended and she will never be out of it, naturally; she doesn't need it. She stays on a level plane. She is never high or low. She is just level. Mr. Rumford: She is no problem then, to society, other than the fact that she - - Mr. G.: She is an addict. Mr. Rumford: She is using illicit narcotics or I she getting clean narcotics? Mr. G.: She is getting clean narcotics. She uses to what I say, is to excess and what she says is what she needs to live. She

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May 19, 1958	knows she is an addict but thinks nothing of it. May I interject this, gentlemen, that as speaking from this organization, I would hope that this will not - - my name will not be used in the press in any way, if you please. Mr. Rumford: Mr. Chairman, may we ask the press, about Mr. G., to refrain from the use of his name? The Chairman: I may ask the press, of course, but they are at liberty to do as they so choose as we in political life have found out so many times, but I will ask the press to do that. Mr. G.: Our spiritual foundation is on the anonymity of press, radio, and film, the same as it is in Alcoholics Anonymous and we have always been able to have the press respect us. Thank you. Mr. Rumford: May, at some time, Mr. G., with the permission of the Chair and the Committee, we interview more of your group and get into a discussion of the problem as they see it? Mr. G.: Most certainly. We have an idea in mind, that we tried to do all the time, and this is, invite people such as yourself and in all walks of the other end of life, such as judges and lawyers and law enforcement officers, to come to our meetings and see what we do and talk with our members so that they will know what we are trying to do and the success thereof. We would be more than happy to and I am sure that any time you contact me, I will see that you get any number that would like to talk to. Mr. Rumford: That is all, Mr. Chairman. The Chairman: Any other questions? Mr. G., we sincerely appreciate you coming here today. This Committee is really anxious to help and perhaps you can help us a great deal. Mr. G.: Anything that I can. Thank you so much.[334]

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DATE		EVENT
June	**1958**	**W. T. Kiepura writes *A Progress Report on the Conduct of a Narcotics Anonymous Program in an Adult Penal Institution**, reviewing Narcotics Anonymous that is being held at the California Correctional Training Facility at Soledad in California.** "Introduction Some six months ago a report was drafted covering the organization and initial developments of the Narcotics Anonymous group at the California Correctional Training Facility at Soledad**. Comments were received from many individuals not connected with a penal institution and these raised many new questions. The layman found that he was not familiar with some of the terms used nor did he understand the procedures used withing (sic) the institution. Because of the 'foreign' material, the reader was found that he could easily misinterpret the information or that it was of little value since he was no in a position to properly evaluate the data offered. Many of the questions were of a nature that could best be answered by an addict and in the second part of this paper you will find eight problems that were presented to the members of the NA group. The section you are now reading will cover the progress of the organization during the past six months and will explain some of the procedures used in the confinement facility. Problems of Organization and Operation of an NA Program At the turn of the year the total membership was relatively stationary. The constant turnover due to transfer to other institutions, parole and usual attrition caused by lack of interest was balanced by the new members gained through active recruiting. A survey was made to determine the reason for the drop-ous and the tentative conclusion drawn was that it was due to the inability of the inmate to participate in the meeting. The meetings became too large to permit the average attendee to have a chance to express his own feelings and since he could not take part, boredom ensued. A second factor mentioned by many was the too frequent appearance of the same group of individuals or speakers who formed a type of clique and prevented the unexperienced (sic) individual from active participation. The program chairman was selected by the steering committee for each session. He was an active member of the committee or a friend of a member, for under normal conditions the pressure exerted by the committeeman was the primary factor that would gain the agreement to serve for the evening. As it was his duty to select the speakers for the evening, he in turn, would pressure his friends. The end result was the appearance week after week of the same individuals since they were the ones who were not afraid to talk before a large group. Quite naturally, this meant that we were hearing the same story over and over.

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June	**1958**	The problem of generating more interest and activity in the addict group required many conferences between the institution staff and the steering committee of the NA. The inmates made the suggestion that four small groups be formed of approximately 40 members each. The institution initially believed that this would prove unsatisfactory because of the conflicts with other evening activities. For a trial all new members were separated from the large weekly meeting. Within two months it was found that they were making more progress, more men were developing confident in their forensic abilities, therefore permission was granted for the new plan to be placed in operation. Since space could not be found for four groups on the one night, plans were laid for two groups to meet on Monday and two on Thursday. There were many other activities which required attendance on these nights so each man was polled as to his group preference. <u>Language Barrier Is Resolved</u> An additional survey disclosed an extremely high percentage of Spanish speaking inmates among the drop-outs. Actual count of the records in a three month period showed that nineteen men who were of non-Spanish extraction left and forty-six of the Spanish speaking inmates dropped. Contact with some of the bilingual men showed that the language barrier was very important. One of the four smaller groups was selected to be composed primarily of this racial section and they were permitted to conduct their meeting in Spanish. This allowed men to express themselves in the language that they normally used and increased the group participation. <u>Methods of Organization And Conduct Of Groups</u> Institutional rules call for each man to be held in his wing for the evening unless he is on an 'unlock'. This unlock list gives the wing officer authority to release the man into the main corridor to proceed to the activity. The new procedure resulted in four individual lists of members, which were turned in to the custody office 24 hours prior to the meeting. The submitted roster would be typed on the master unlock sheet and given to all custodial personnel concerned. With four small lists, this individual was no longer in close contact with the sub groups (sic) membership and this required a change in the method of preparation. Changes were needed in the by-laws and were approved by a vote of the entire membership.

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June	**1958**	As now organized, each sub-group is headed by two co-chairmen who have somewhat the same general functions as the chairman of the larger group under the old by-laws. One of his assistants prepared the unlock list for his group and takes charge of the records. Since elections and other matters required a vote of the entire membership, the steering committee prepared a new rule to provide that such matters be prepared by the committee and given to each sub group for its vote. The returns from each 'precinct' were tabulated and results announced the following week. To date sufficient mass meetings have been held for other reasons to handle the elections of new officers. These mass meetings were called to hear outside visitors. We have heard Mr. Everette Porter, a member of the Adult Authority; Fr. Lawrence Farrell, formerly chaplain at the institution, and 'Doo', (Author's note: this may be 'Doc') a member of an outside AA group who desired to see just how the principles of AA worked when used in an NA group. Student interns from San Jose State College on duty at the institution have had attendance at NA as a part of their program. Under the original plan, a staff member was present at each meeting to observe the activities. A counselor was also there to check the membership attendance. Now, all meetings are held in the Educational Wing and the officer in charge has been delegated to make the check-off. The staff member or the counselor no longer attend, although several have done so of their own accord. <u>Concern Over Public Relations and Education</u> The group as a whole is publicity conscious and has made a special effort to draw the attention of the law enforcement authorities to the program. The desire to counteract that, as it appeared to the addict population, was the general belief of the enforcement officials that 'once a hype, always a hype'. They insist that addiction can be in an arrested state for the rest of their lives and they felt that special effort should be made to show the police and narcotic agents that this idea is valid. Many officials have been added to the mailing list of the Rx (the institutional paper of the NA group) and it is presently planned that several will be invited to attend the Open House which is to be held on August 17, 1958. <u>Followup (sic) On NA Member On Parole</u> Nothing will help the group in the institution to succeed more than the knowledge of the success of others who have gone home on parole. Apporval was granted by the Division of Adult Paroles to permit the NA supervisor to contact the field Parole Agents for a report on the progress of the parolee. A report card was mailed to the Agent which included the

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June	**1958**	following questions. Is subject still on parole? Does he attend NA or AA groups? Is he making progress with control of his addiction problem? What type of adjustment is he making? A portion of the released inmates were selected for this special report. Obviously those who had a superficial interest in the program or those who were believed to be insincere could be eliminated. A few individuals had impressed the inmate population or the staff with their sincerity and were adjudged better than average parole risks. TO date, seven cards have been sent out to the field and the initial returns gave us the information that six were doing well. In one case the report was negative as the man apparently had placed himself in a fugitive status within two weeks of his release. He recently passed through Soledad on his way to the Reception Guidance Center, having violated his parole. Remarks on the other cards included the statements, 'Worked steady, Good family relation. No indication of poor association. This man has been instrumental in forming the NA group now being carried on in this area'. Another answer to the question, what type of adjustment is he making has the following, 'Very good at this point. Has a much better insight into his problems than before. He said that this was a result of group counseling in the institution.' The information on these cards was relayed to the membership and the six cases had a very favorable reaction. Because it is a common belief that narcotic addicts have an extremely high rate of return as violators, the knowledge that six of the seven were making good reinforced the efforts of the current membership to continue in the program. The excuse offered in the seventh case was that the parolee's wife was an active addict, she was the cause of his original addiction and it was believed that she had persuaded him to return to his habit. <u>Is The Present Program Complete?</u> There has been a positive change within the small groups to broaden the program offered. Many men were dissatisfied with the progress, they became tired of the usual 'pitch' or story of the addict life. In too many cases they had heard the same story time and again. So they devised some new types of programs. One group found panels quite effective. Three members were selected to discuss a problem. The next session would have one man give his story, than all would unit to attack his line of reasoning and to point out his mistakes. This forced him to defend his statements and normally caused a reassessment of his own ideas.

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DATE		EVENT
June	**1958**	Relationship With The NA Organization In The Barracks The Soledad facility, at the time of this report, is composed of two institutions under the control of the Superintendent. The original, where the men live in dormitory type buildings, is knows (sic) as the Barracks. The Central Facility, of permanent construction, includes one dorm wing with the rest of the inmates housed in single cells. Within the next few months a third section will be opened, now known as the North Facility. The activities of NA reported so far have all been at the Main Prison. Some months ago the addict members of the Barracks organized a group on their own. Information received from the leaders indicated that it was conducted on the pattern of Group Counseling. This did not prove entirely successful and many of the members became discouraged. Knowing of the NA at the Main Institution (due to transfers of inmates from the New Prison to the Barracks) the made the suggestion that they affiliate with the main group. Four of the leaders came to the New Prison to attend a meeting of the Steering Committee. They were given all possible help and copies of material printed and used by us. This included the 'Format' (the material in the annex to the first report mentioned on page 1). Coincidentally, the group secretary fo the new prison activity was himself transferred to the Barracks at this time and was able to give them valuable assistance, including membership on their Steering Committee. From time to time we have had some contact between the two groups, more is planned for the future. Sgt. Gordanier, group supervisor at the Barracks, stated that there has been increased participation by the members. At the same time increased attendance has required that they give serous consideration to a division into two groups. There has been an enthusiastic response to the new program. For reasons not now apparent, the Barracks group has not taken the lead in any new activities nor brought forth any new ideas to be considered for the improvement of the entire program. Extent Of Interest Of NA Members It is interesting that at the new prison many of the individual members are actually attending two and three meetings per week. They have arranged to have their names added to each unlock sheet. Since this means they must pass up other activities such as TV fights, ball games, 'shoot-em-ups', etc., it can be interpreted as a sincere interest in self-development. The writer conducts a Saturday morning conference with approximately 20 selected inmates. They have written much of the material that appears in the second half of this report. This is a structured session. The basic idea has been that the individual addict did not give enough intensive consideration to specific problems. Subjects are selected and we attempt to survey every facet and bring out the maximum amount of beneficial information.

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June	**1958**	Some Tentative Conclusions The Narcotics Anonymous type of meeting has a distinct value in an institution setting since it: 1. Permits the inmate to speak before a group and build up his self-confidence, to express himself and later to accept criticism of his ideas; 2. For those who are unable to speak, it allows them to see others who have had similar cases or have gone through similar circumstances and to realize that they are not alone in their past type of life. This has not only increased their own self-confidence to the extent that in some cases they have been able at later dates to talk to the group, but permits them to weigh the experience of others against their own. 3. There seems to be a necessity for a structured type of study group for addicts with the program held to the discussion of one topic each week. More intensive study can be given and there is no chance for them to be diverted to a glamorous 'trip'. It permits them to offer their views, to hear the criticism that results, to reassess their values and to take part in the criticism of the ideas of the other members. This results in a more intensive search for the causes of the particular difficulty under discussion and can result in a more rapid readjustment to normal social attitudes. There should be no attempt by authority to use this discussion to gain facts to support a theory conceived by a non-addict. Time and again the inmates have stated that their distrust for authority, their anger at the situation confronting them or their desire or need to hide the facts about themselves causes them to give false information when the purpose of the question was to assist to a non-addict to develop a theory. In such situations you get what appears to be the 'information' you need since the user has an uncanny ability to feet out the purpose of your study. So the emphasis in this program must be to permit the addict to gain self-understanding. The men taking part in this survey were frankly told of its purpose. Because it would show to non-addicts the addict's view of their life, to allow us to see the internal struggle through which they go during and after their addiction, and finally to prove to the outsider that they need not be written off as lost to human society they wholeheartedly agreed to cooperate. The writer believes that false statements are few and far between.

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June	**1958**	Glossary Group Counseling (GC): A form of therapy. Normally 15 inmates led by an institutional employee. Permitted to 'gripe', relieve tension by talking. Discuss personal problems and defects. Hooked: One fully addicted to narcotics Hype: A narcotic addict Kick: The experience that addict goes through to eliminate the need of narcotics. Also, the fact that he no longer has a habit. NA: A program patterned on the AA. Stresses the serenity prayer and the 12 steps. Members 'testify' before their fellow men. Square: One of us, not an addict. Trip: Slang phrase to define an experiment in the life of the subject, either highly colored or pure imagination. Part B A Questionnaire Study Of Addicts' Thoughts And Feelings The Methods Used This section of the report will be devoted to consideration and discussion of several questions that arose when the original report of last semester was reviewed. Certain statements were made, certain inferences were drawn and it was believe that a further study might bring forth information which would either prove or disprove these statements and inferences.

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June	1958	used it for and I want my mind clear to be able to meet every challenge in life and see if I can't meet it in the right way. As I don't want no scape-goat for failure now when success comes my way do I want to fell that I got it only because of the help of narcotics. 9. Each one's addiction may manifest itself from its particular cause, but it appears that they do have common factors, it seems most have had rather unhappy childhoods, broken homes and such. 10. They have no more common factors about them than the whole human population has common factors about each other. 11. As follows—willingness to engage in any enterprising venture of any nature, regardless of legal or illegal. 2. The dread of breaking the habit once it is far advanced. 3. The fear of the law. 12. Yes! Some of the factors are as follows. Each addict has a problem other than dope. Or started him on dope. 2. All addicts seem to have a fear of some form, most usual fear, dope. 3. Addicts have a lack of constructive hobby. They have no constructive activities. 4. Most addicts are over-sensitive in one way or another. His feelings are hurt easily. 5. Dope addicts have a tendency to live their past over and over and have only fear of dope for the future. 6. Most addicts will admit that they are addicts and cannot control dope. But refuse to admit that they have a basic problem that started them using dope. 13. The drug addicts have many things in common. They are a group of men and women who cannot quite fit into the everyday way of life because of problems they cannot handle as a mature man or woman would. A list of things I believe drug addicts have in common. 1. Emotional instability. (more or less a syndrome) 2. Passiveness. 3. Resentment. 4. Self-pity. 5. Extreme sensitivity. 6. Introversion. 7. Need for pure status. I have not grouped these in a related order because some individuals may not be burdened with all of these emotional problems but I feel that when a man becomes a drug addict he will at least have one or even all of these problems. The man or woman that becomes a drug addict will start withdrawing from normal society until he or she reaches a

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June	**1958**	NA gives me a sense of confidence that there may be others who may arrest their narcotic addiction. Aside from my desire 'to see serenity and peace of mind amongst all men', it is of psychological value to know that some, even if only one individual has stopped using. Question VIII – Will Association With Addicts On The Outside With An NA Program Present Any Problem To You? 1. I do not believe so because I have a good understanding towards people and I think I know myself better now than I ever did in my life. If a person makes his mind up that he can associate with anyone and still not use anything. 2. If an NA member is sincere, and I don't think any member going to an outside group would be otherwise, I believe that association is very essential. Don B. and myself could be used as an example. We are both clean, we want to stay that way. I don't have a phone, so I go to the booth and call him 2, 3, 4 times a week. We build up confidence in each other. I think it's important that a man just coming out get in touch with an addict who has stayed clean and can offer a little proof that it can be done. To hell with the 2% bull---t. 3. You had better re-word that one. If you are like I was I will say yes, it will be difficult for about a year or so and then it becomes no problem at all. It takes a little time. (You didn't expect to adjust over night (sic) did you?) 4. For me this would be far too tempting. It might take just one upsetting day and easy access to drugs—to again be on the road to misery. 5. No, I don't believe so because if a man really wants to help himself he could. It is a fact that when one person has a weak moment; and can find someone who can help me over this weak moment, and it gives a person someone to turn to who understands the problem you are facing. One who doesn't frown on your weakness. A person can't just fight this problem alone. 6. Only if I felt myself tempted or slipping would I think of NA in the outside world. I think a group such as this is the best thing that could happen to an addict while incarcerated. While his ease has been arrested for a good length of time, the principles of the group to be constant practice while free by oneself.

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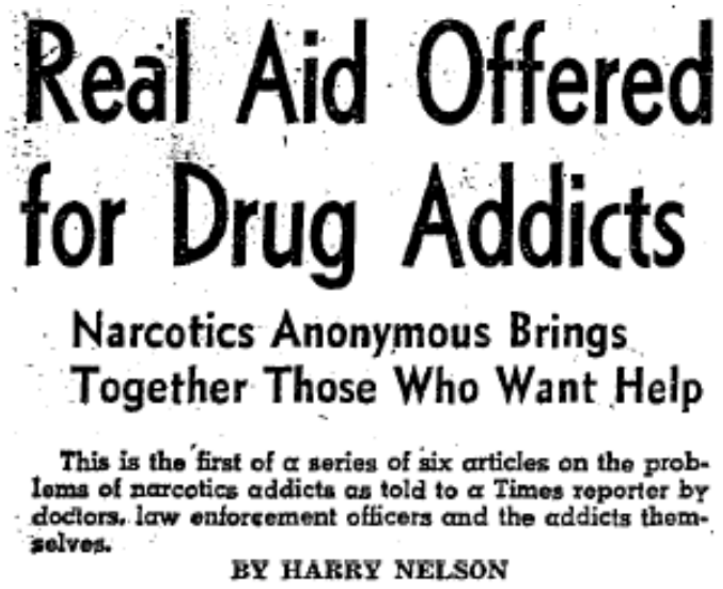
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July 1958 **Los Angeles Times**	***The Los Angeles Times* runs a 6 article series written by Harry Nelson that profile Narcotics Anonymous.** **July 6, 1958 – "Real Aid Offered for Drug Addicts: Narcotics Anonymous Brings Together Those Who Want Help"** "Last week I met some people who have a workable solution to a very pressing problem. The narcotics problem. I met these people at a Narcotics Anonymous meeting. People who attend NA meetings know a thing or two about narcotics…Getting to attend that meting took a bit of arranging. Addicts don't trust newspapermen. Or police…The meeting was held in the waiting room of a private clinic maintained by a doctor who specializes in treating alcoholics and narcotics addicts…Twenty addicts showed up. The room was too small to hold them all comfortably. Folding chairs were brought in. The room was hot and smoky. There were no formal introductions. Some of the members had been there many times before and they talked among themselves. Their ages ranged from about 20 to 55. Half were women…the group had been in existence for about five years. He said there is another one in Downey and one in San Diego…He told me to call Alcoholics Anonymous. I did and they gave me a number to call in the San Fernando Valley. The main I talked to there was an organizer of Narcotics Anonymous…"[336] **July 7, 1958 – "Single Hope Seen For Drug Addicts: Narcotics Anonymous Program Urged by One of Former Victims"** "We realized that we were slowly committing suicide, but we had lost the power to do anything about it, a man who was the leader of the meeting was saying…Jail did us no good. Medicine and psychiatry had no answer for us. Everything else failed, in desperation we sought help from each other in Narcotics Anonymous…When the leader had finished is



Real Aid Offered for Drug Addicts

Narcotics Anonymous Brings Together Those Who Want Help

This is the first of a series of six articles on the problems of narcotics addicts as told to a Times reporter by doctors, law enforcement officers and the addicts themselves.

BY HARRY NELSON

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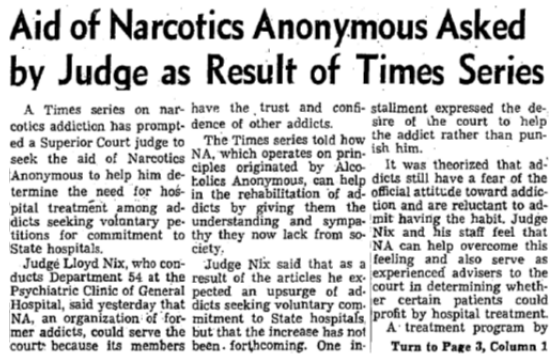
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July 1958 **Los Angeles Times**	introductory remarks, he said 'Who is having a problem?' As with Alcoholics Anonymous, maintain the cure requires constant attention. At first no one answered. The man had to repeat the question several times. Then, a young man in his 20s said, 'The marshal is after me.'…The next speaker was a woman about 40. She had spent a full year at the Federal Narcotics Hospital at Lexington, Ky. She said she had been out two months…After the meeting was over, I went to the home of the man who had spoken to me when I first walked into the meeting…I told him I was a newspaperman on a story. He must have trusted me because he bared his soul. When he had finished, it was 3 o'clock in the morning, and he said, 'When you write your story, don't make us sound like a bunch of glorious heroes.' His wife, who incidentally, is a member of Alcoholics Anonymous, sat behind him on the living room divan while he told the story of his life…I stayed down for four months. Then I joined Narcotics Anonymous. I went to a meeting every night in the week. I had to have something to hand on to and other people who had been addicts or alcoholics were the only ones I could trust…'When there wasn't an NA meeting going on, I'd attend an AA meeting.'"[337] **July 8, 1958 – "Dope Users Always Live With Fear"** "My Narcotics Anonymous friend was continuing the story of his life as an addict. He had been an addict seven years. He had been forced into crime in order to support it. Most people can't afford $50 a day for heroin…Stiff penalties against addiction are like laws against lunacy, the NA member said…Chief Joseph M. Gaalken of the Sheriff's division of corrections, told The Times, 'Law enforcement officers are apprehensive about severe penalties because they make convictions more difficult. I believe that it takes more than a deprivation of drugs and medicine to cure an addict. I believe that an organization like Narcotics Anonymous can offer the addict the kind of help he needs – help from other addicts who understand his problem…Most police officers have a very bitter opinion of addicts who commit horrible crimes because they need money for more dope. And it's the officers' job to enforce the laws against illegal use of Single Hope Seen for Drug Addicts Narcotics Anonymous Program Urged by One of Former Victims This is the second in a series of six articles on the problems of narcotics addicts as told to a Times reporter by doctors, law enforcement officers and the addicts themselves. BY HARRY NELSON

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July 1958 **Los Angeles Times**	narcotics. Capt. William H. Madden, commander of the narcotics division of the Los Angeles Police Department, says, 'We know that addicts can't be cured by putting them in jail. When we arrest users it is because we know they are often associated with other crimes.' As could be expected, most addicts don't consider policemen as their friends, either. 'When we first began organizing five years ago, the police gave us a lot of trouble,' an NA member told me. 'We had to operate like an underground. We moved the location of our meetings every week. One reason why there were only 20 addicts at the meeting tonight is because the hard cases are afraid to show up. They figure that an NA meeting is a good place to get picked up by the cops. In the beginning, narcotics squad detectives used to stand outside a meeting place and give us a rough time when we came out. This hasn't happened lately, but they still stop us on the street sometimes and make us roll up our sleeves to see if there are any hype marks.' Capt. Madden told me, 'We have enough work to keep all our men – and more – busy – just working on the peddlers, let alone spending time attending or heckling NA meetings.' 'What we would like to see,' the addict said, 'is a network of clinics around town where an addict said, 'is a network of clinics around town where an addict could go for withdrawal care without fear of being picked up by the police. Such a program would include a medical cure, group therapy and an integrated Narcotics Anonymous program. We're hoping to interest psychiatrists who are willing to work with addicts.'"[338] **July 9, 1958 – "Few Dope Addicts Seek Court's Help"** "There are thousands of addicts in the Los Angeles area. But in all of Los Angeles County there were only 28 addicts in three months who sought cures in State hospitals. Why? Obviously they didn't want to. But why didn't they want to? Our Narcotics Anonymous friend would say, 'Because they haven't hit bottom yet.'"[339] **July 10, 1958 – "Program Offered For Drug Addicts"** "Unless the addict has help from someone – a psychiatrist, a sympathetic parole officer or Narcotics Anonymous – he will sooner or later give in to the emotional pressures that caused him to start taking in the first place…Narcotics Anonymous would play an important part in the psychological and social phases of the Knox program – especially in counseling and helping the addict to get employment. Narcotics Anonymous is eager to help. Dr. Knox is waiting for further support." (Dr. Knox is a psychiatrist who is chairman of the Los Angeles County Medical Association's committee on narcotics and alcoholism. He also operates a treatment and rehabilitation program)[340]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1958

DATE	EVENT
July 1958 **Los Angeles Times**	**July 11, 1958 – "Many Must Help In Dope Problem"** "In talking with the experts in which McGee referred, a reporter can come up with nearly as many solutions as there are addicts. The number of theories is astronomical…But the ones that this writer likes best of all are those that come from the real experts, the addicts themselves who belong to Narcotics Anonymous. They don't pretend to know the answer because they know too much about the problem. They know only that the addict needs help and that they are willing to give it to him. They know that an addict trusts nobody but another addict and they know this because they have lived in that world of suspicion and hatred and fear themselves…The members of Narcotics Anonymous make no plea for having a monopoly on rehabilitation. There are addicts – lots of them – who have kicked the habit without ever attending an NA meeting. All that NA members say is that theirs is a good way. They ask only that the public attempts to understand the problem of the addict. Even NA cannot 'cure' an addict. There is only one person who can effect a cure and that is the addict himself. NA and the rest of us can only stand by and lend a helping hand."[341]
July 20, 1958	 **Aid of Narcotics Anonymous Asked by Judge as Result of Times Series** A Times series on narcotics addiction has prompted a Superior Court judge to seek the aid of Narcotics Anonymous to help him determine the need for hospital treatment among addicts seeking voluntary petitions for commitment to State hospitals. Judge Lloyd Nix, who conducts Department 54 at the Psychiatric Clinic of General Hospital, said yesterday that NA, an organization of former addicts, could serve the court because its members have the trust and confidence of other addicts. The Times series told how NA, which operates on principles originated by Alcoholics Anonymous, can help in the rehabilitation of addicts by giving them the understanding and sympathy they now lack from society. Judge Nix said that as a result of the articles he expected an upsurge of addicts seeking voluntary commitment to State hospitals but that the increase has not been forthcoming. One installment expressed the desire of the court to help the addict rather than punish him. It was theorized that addicts still have a fear of the official attitude toward addiction and are reluctant to admit having the habit. Judge Nix and his staff feel that NA can help overcome this feeling and also serve as experienced advisers to the court in determining whether certain patients could profit by hospital treatment. A treatment program by Turn to Page 3, Column 1 **The following article appears in the *Los Angeles Times*, "Aid of Narcotics Anonymous Asked by Judge as Result of Times Series:"** "A Times series on narcotics addiction has prompted a Superior Court judge to seek the aid of Narcotics Anonymous to help him determine the need for hospital treatment among addicts seeking voluntary petitions for commitment to State hospitals. Judge Lloyd Nix, who conducts Department 54 at the Psychiatric Clinic of General Hospital, said yesterday that NA, an organization of former addicts, could serve the court because its members have the trust and confidence of other addicts. The Times series told how NA, which operates on principles originated by Alcoholics Anonymous, can help in the rehabilitation of addicts by giving them the understanding and sympathy they now lack from society. Judge Nix said that as a result of the articles he expected an upsurge of addicts seeking voluntary commitment to State hospitals but that the increase has not been forthcoming. One installment expressed the desire of the court to help the addict rather than punish him. It was theorized that addicts still have a fear of the official attitude toward addiction and are reluctant to admit having the habit. Judge Nix and his staff feel that NA can help overcome this feeling and also serve as experienced advisers to the court in determining whether certain patients could profit by hospital treatment.[342]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1958

DATE	EVENT
July – August 1958	**The following reference appears in "A Program of Group Therapy with Incarcerated Narcotic Addicts" that appeared in *The Journal of Criminal Law, Criminology, and Police Science*:** "The authors have located only one major report which describes the use of the group approach with narcotic addicts incarcerated in a penal institution. (1) Group therapy with addicts has been attempted on both a 'narcotics anonymous' and a standard group psychotherapy basis, in both outpatient (2) and in-patient (3) (4) settings."[343] The 'narcotics anonymous' reference comes from Piehl, W. (1954). Progress Report of the Rehabilitation Experiment with Narcotic Addicts in San Francisco County Jail. #2, March, 1954. Mimeographed. Northern California Service League.
September 1958	Allan C., an addict in Victoria, Australia, writes the Alcoholics Anonymous General Service Headquarters at the suggestion of a Dr. Fitzpatrick to find out an address for Addicts Anonymous. Allan writes "I have attended several meetings of A.A. (Alcoholics Anonymous), and read any literature that is available here in Australia, which doesn't amount to much, but unfortunately I don't seem to be able to overcome this habit…"[344] Allan received a response from the GSH directing him to the following:[345] Narcotics Anonymous P.O. Box 1043 Studio City, California (pamphlet available) handwritten Narcotics Anonymous P.O. Box 686 Soladad (sic), California (news letter available) handwritten Narcotics Anonymous P.O. Box 13023 South Eastern Station San Diego, California Narcotics Anonymous c/o Rev. Robert T. Jenks St. Mark's Church 4427 South Drexel Blvd. Chicago, Illinois Addicts Anonymous Box 2000 Lexington, Kentucky (They publish a news letter called THE KEY)

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1958

DATE	EVENT
November 30, 1958	Channel 2 "televised the first of a two-part series called The Addicted. It showed actual addicts, former addicts and the people who work to help them. The introspection of the addicts, their yearning to find a more wholesome way of life, created a poignant mood. The road back, either by way of a Government hospital or Narcotics Anonymous, an organization in which cured addicts and others try to redeem sufferers, was not made to seem easy."[346]

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1959

DATE	EVENT
1959	**The Alcoholics Anonymous General Service Headquarters World Directory lists the H.F.D. with parentheses (Hope-Faith-Desire) Group of AA, in Santa Monica:** "H.F.D. Group – Betty T., 1410-B 24th St. (L. G. T., Exbrook 5-2163)" Membership is listed at 10. Contributions are listed at $84.00[347] **(Author's Note: This is a new address for the meeting. There is not a listing in the World Directory in the following years.)**
1959	Brigadier Dorothy Berry is awarded the New York State Welfare Conference District Service Award for her "unique and consistent help to women who have been in trouble with the law."[348]
1959	The following pictures are found in *Progress Through Crisis 1954 to 1965*, a report by Anna Kross, Commissioner of The City of New York Department of Correction.[349]  ***In 1959:*** A Narcotics Anonymous aftercare headquarters was created through the efforts of the volunteer organizations working with the Department of Correction, private citizens and former narcotics addicts "to lend a hand to those discharged addicts willing to help themselves stay off drugs."  Inmates voluntarily participate in the evening hours in Alcoholics Anonymous and Narcotics Anonymous programs.

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	Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
	Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1959

DATE	EVENT
March 1959	Dick F., an alcoholic living in Philadelphia, gets sober through Alcoholics Anonymous. He later becomes instrumental for the spread of the first "West Coast" Narcotics Anonymous meetings on the East Coast.[350]
March 16, 1959	**The following excerpts are from the Report of the Subcommittee on Narcotics and Dangerous Drugs Assembly Interim Committee on Public Health, published by the Assembly of the State of California.** Subcommittee members include: Rex M. Cunningham, Chairman George G. Crawford Clayton A. Dills Don Mulford W. Byron Rumford Howard J. Thelin The subcommittee conducted public hearings on February 13 and 14, 1958 in San Francisco and in Los Angeles on May 19, 1958. The subcommittee met in joint session in Sacramento with the Senate Interim Committee on Narcotics on November 13 and 14, 1958. Under "Recommendations" "5. That encouragement be given to Narcotics Anonymous groups in the community, especially in those areas where the addiction is known to be the greatest, and to their establishment in the state of local institutions to assist in the rehabilitation of the addicts committed thereto." p. 8 "Narcotics Anonymous groups have been established in the Southern California area, one in North Hollywood, one in Downey and one in San Diego. The approach used by these groups, similar to that used by Alcoholics Anonymous, involves a kind of mutually supportive group therapy. A witness at the hearing discussing the NA program indicated that a person is allowed to come to the first meeting 'high.' Subsequently, he may not attend if he has used a drug of any kind. The witness reported that 'in the last five years our one group in the North Hollywood area, has been able to arrest the addiction of 125 addicts. These addicts have remained 'clean' for three weeks to five years.' He estimated that 40 percent of those attending the meetings have not returned to the

1959

DATE	EVENT
March 16, 1959	use of drugs. One of the greatest needs of these groups appears to be community support, not only of Narcotics Anonymous itself but of the ex-addicts who must have the opportunity to rejoin the community. The same witness testified that the task of NA would be easier if there were less harrassment (sic) from law enforcement officials. One groups was forced to change its meeting place three times because of such harrassment (sic).” p. 21 “Dr. A LaMont Smith, Executive Officer of the Department of Corrections, told the committee that about one-half of the total departmental population is engaging in some form of group counseling. At Soledad a chapter of Narcotics Anonymous has been established. At other institutions addicts may attend sessions of Alcoholics Anonymous. There is no way to learn the success of the program in rehabilitating addicts. One of the principal roadblocks is again the lack of knowledge as to who the addicts are. The department knows the recidivist rate for those convicted of a violation of the Health and Safety Code, but from the records that have been kept, up until this last year, it does not know which of these violators were actually addicts. Nor do the records show whether the person convicted and imprisoned for burlary or some other non-Health and Safety Code violation is an addict. Mr. Fred Finsley, Chairman of the Adult Authority, commented this way about the program: ‘I feel that the treatment we do have available is not adequate. We have group counseling and some Narcotics Anonymous classes and our observation of these gives us the impression that these are worthwhile. Through these group counseling classes, which enable the addicts to discuss the problems attendant with narcotics use, some appear to be recognizing the emotional and personality problems which contribute to their narcotic use. It looks hopeful but we have no actual proof of this.” p. 26 Regarding the California Institution for Women, Miss Alma Holzsehuh, Superintendent reports: “An Alcoholics Anonymous group, which is for both alcoholics and narcotics addicts, holds weekly meetings.” p. 27 From Appendix I – Witnesses Testifying at Committee Hearings “May 19, 1958 A member of Narcotics Anonymous” p. 36[351]

1959

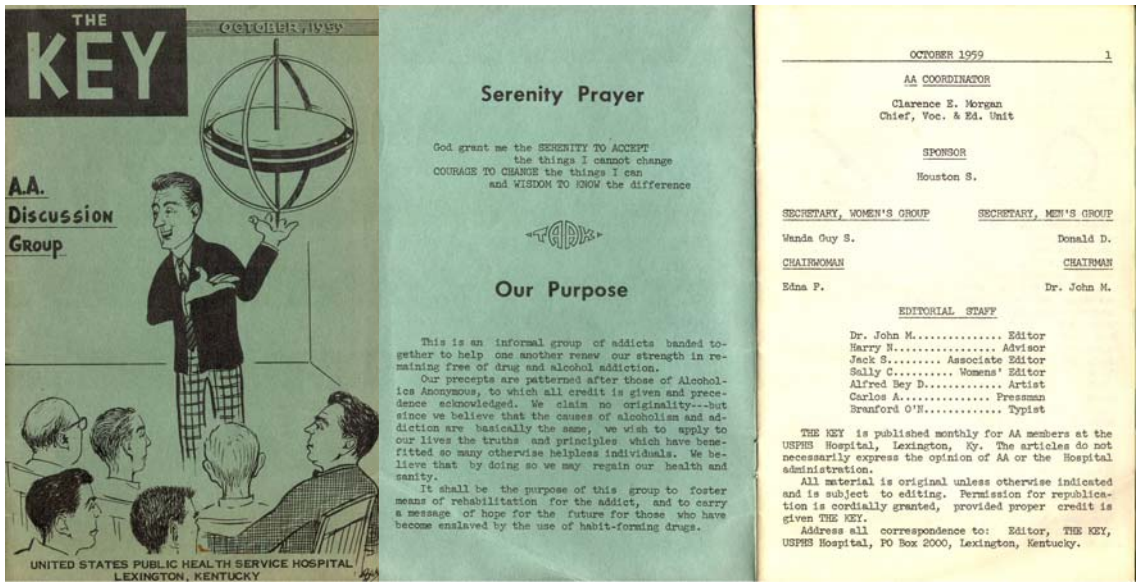
DATE	EVENT
July 1959	**The following is an excerpt about Houston S. and Dr. John M. of Statesboro, GA from the book *Women Pioneers in 12-Step Recovery*:** "Three weeks later, the sheriff escorted him (Dr. John) back to Lexington, Kentucky, where he reentered the facility under court order. In the way of coincidences – or miracles – he was introduced to a man who would be instrumental in changing his life. Houston S. was a well-liked, prominent citizen in his community; but more important, he was a member of Alcoholics Anonymous. Of course, Dr. John had heard about AA, but his awareness of his own addiction was limited to his dependence on narcotics."[352]
October 1959	**The following is an issue of the Addicts Anonymous publication, *The Key*. This issue is edited by Dr. John M. of Statesboro, GA. Included here are references by Dr. John M. to the Narcotic Farm, Addicts Anonymous, The Key and Houston S. (who was his sponsor) from various talks he gave.** "Back on his usual regular schedule after a vacation of several weeks, Sponsor Houston S. is looking fine" p. 3. **From 1965 Alcoholics Anonymous talk in Lake Worth, FL:** "I knew I was in trouble and I knew I had to stay there. So I went to the doctors and said 'I've got to have help.' They told me, after 3 hours of interviews, that they would give me a full psychoanalysis and they said 'that's what you need. Because of the fix your state of mind's in, you're not going to get well unless you have it. Provided you'll stay until it's over.' They said 'the longest we can keep you on this probated sentence is about 5 months. But, if you will stay until we finish this analysis, we will start it.' I said 'how long?'

1959

DATE	EVENT
October 1959	They said '1, 2, 3 years, we don't know.' Well I had a little break of honesty then I think, because I knew that when I got to feeling better, when the blood got to circulating and I got the old mind working a little bit where I could think of excuses a little bit, I wasn't even making excuses at that time, that I'd find some reason to come out of there. And so I turned it down. This guy said 'brother, if you won't take our psychotherapy your next best bet is AA and you better go.'"[353] **(Author's Note: AA is Addicts Anonymous)** **From 1977 Alcoholics Anonymous talk in Lexington, KY:** "So I went out there to AA, which as some of you who have been there may know, which at that time, anyway, was Addicts Anonymous. I met one of the most significant people in my life, Houston S. from Frankfort. And some of you may know him. He's dead now. But Houston came out. He became my first sponsor."[354] **From his last talk in 1983:** "But I went to AA. And I started going. And uh, the first thing I met was a man. His name was Houston S. He's dead now and he was my sponsor, he was a founder. And I couldn't understand Houston. Because Houston was rich. He had a big pretty automobile and he had, uh, houses in Florida and the mountains. He could have gone anywhere, but he used to spend his time out there at Lexington sitting around talking to us telling us what a sorry old suss he was. He'd been sober 17 years. And I think this strange. And he said he was happy and this was his life and this is what he wanted to do and he started talking about the program. And he was the personification of the AA program and I latched onto it."[355] **(Author's note: "But I went to AA" refers to Addicts Anonymous)**

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1959

DATE	EVENT
October 1959	**The following is from The Recovery Book:** "A local AA member came to visit my father during his first week in Lexington. Sick on the inside and shaking on the outside, dad turned to his visitor and said wearily, 'Houston, if I could just find out what in the world is causing me to get drunk, I believe I could straighten out.' His visitor said quietly, 'John, did it ever occur to you that the only thing causing you to get drunk is the whiskey?' For the first time, instead of trying to figure out what was causing him to drink (at various times he'd blamed it on stress and overwork, the lack of a hobby, abscessed teeth and the nagging of his first wife), my father began to look at what his drinking was causing."[356]  THE KEY OCTOBER 1959 A.A. Discussion Group UNITED STATES PUBLIC HEALTH SERVICE HOSPITAL LEXINGTON, KENTUCKY Serenity Prayer God grant me the SERENITY TO ACCEPT the things I cannot change COURAGE TO CHANGE the things I can and WISDOM TO KNOW the difference Our Purpose This is an informal group of addicts banded together to help one another renew our strength in remaining free of drug and alcohol addiction. Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence acknowledged. We claim no originality---but since we believe that the causes of alcoholism and addiction are basically the same, we wish to apply to our lives the truths and principles which have benefitted so many otherwise helpless individuals. We believe that by doing so we may regain our health and sanity. It shall be the purpose of this group to foster means of rehabilitation for the addict, and to carry a message of hope for the future for those who have become enslaved by the use of habit-forming drugs. OCTOBER 1959 1 AA COORDINATOR Clarence E. Morgan Chief, Voc. & Ed. Unit SPONSOR Houston S. SECRETARY, WOMEN'S GROUP Wanda Guy S. CHAIRWOMAN Edna P. SECRETARY, MEN'S GROUP Donald D. CHAIRMAN Dr. John M. EDITORIAL STAFF Dr. John M..... Editor Harry N..... Advisor Jack S..... Associate Editor Sally G..... Womens' Editor Alfred Bey D..... Artist Carlos A..... Pressman Branford O'N..... Typist THE KEY is published monthly for AA members at the USPHS Hospital, Lexington, Ky. The articles do not necessarily express the opinion of AA or the Hospital administration. All material is original unless otherwise indicated and is subject to editing. Permission for republication is cordially granted, provided proper credit is given THE KEY. Address all correspondence to: Editor, THE KEY, USPHS Hospital, PO Box 2000, Lexington, Kentucky.
November 1959	**Narcotics Anonymous almost dies. People had started to refuse to go to the meetings. The group was not living up to the Traditions.** Cy M. contacted Jimmy and asked if he was going to go to the meeting. Jimmy said he'd meet him over there. At that time there were only 4 or 5 people attending the meeting. Cy approached Jimmy and said "Here are the keys to the

DATE	EVENT
November 1959	church…would you open up from now on? Take care of things?" Jimmy responded by asking "What do you mean?" Cy said he had to go on location on a job and would be able to do it anymore. Jimmy agreed to it. Cy said "I don't know who else to give it to. There's nobody else to give it to. Nobody else clean around." When Jimmy assumed responsibility from Cy he concluded that "there was no NA left." There was no literature, the Studio City post office box had been closed and the only money the group had (approximately $21.00) was with someone else. Sylvia W. was 1 to 2 years clean. Jimmy told Sylvia what had happened and she started to cry. She said, "Oh my God, what are we going to do, Jimmy?" Jimmy's response was "Let's sit down. Let's have a cup of coffee." After having coffee, Jimmy stated "we're going to have to go back to what we started with in 1953 when we first sat down to try to put something together to help addicts. You and I are going to have to live the Steps the way we do, and we're going to have to follow the Traditions all the way because we died because the Traditions have not been lived up to." Jimmy asked Sylvia if she was willing. She replied "I've gotta have a program. I can't go to AA. I can't make it in AA." Jimmy agreed stating "Neither can a lot of people." In starting over, Jimmy's phone at home was the hotline. They also concluded that since they had no literature that they would take what they could out of the little book, and write something else."[357]

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1959

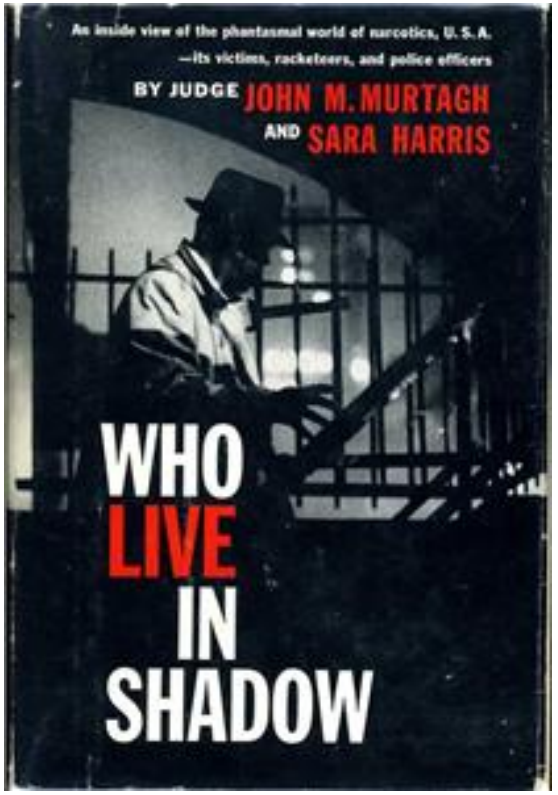
DATE	EVENT
November 12, 1959	**NBC News in New York City features a story about Rae L.'s 9th anniversary. The following is text that accompanies the NBC News Archives catalogue entry:** "Mrs. Rae L., a woman celebrating her ninth year without heroin is seen blowing out candles on a birthday cake at a birthday party given to her by Narcotics Anonymous opening at 219 Seventh Avenue in NYC for her nine year anniversary. Gabe Pressman interviews Mrs. L. She says the day is not only the opening of the Narcotics Anonymous headquarters but it is her ninth birthday – nine years off drugs. She describes the program as selfish because by helping others you help yourself."[358]
November 13, 1959	**The following article appears in the *New York Times*, "Ex-Heroin User Feted On 9th Year Without It:"** "Mrs. Rae Lopez was given a party and birthday cake yesterday to mark and important anniversary – her ninth year without heroin. One hundred friends and twenty-five former narcotics users crowded into the headquarters of Narcotics Anonymous, at 219 Seventh Avenue, to congratulate her. Barney Ross, the former boxing champion and former narcotics addict, was there. So was the city's Commissioner of correction, Anna M. Kross. Narcotics Anonymous, which applies the same method of group help as Alcoholics Anonymous, was founded in 1950 by the late Daniel L. Carlsen, who had been an addict for twenty-five years. It was Mr. Carlsen who helped Mrs. Lopez and dozens of others before his death in 1956."[359] ***Ex-Heroin User Feted On 9th Year Without It*** Mrs. Rae Lopez was given a party and birthday cake yesterday to mark an important anniversary—her ninth year without heroin. One hundred friends and twenty-five former narcotics users crowded into the headquarters of Narcotics Anonymous, at 219 Seventh Avenue, to congratulate her. Barney Ross, the former boxing champion and former narcotics addict, was there. So was the city's Commissioner of correction, Anna M. Kross.

1959

DATE	EVENT
Nov. 15, 1959	**William Whitley (producer), Irwin Rosten (writer) and Bill Stout (narrator-reporter) of Station KNXT, the local CBS outlet, have created a hour long documentary about the problem of narcotics addiction called "Hell Flower."** "In the program, which I saw at a preview last week, Stout talks with addicts, doctors, police officers, psychologists. The camera moves into two local organizations of addicts trying to kick the junk habit – Synanon Foundation in Santa Monica and Narcotics Anonymous. At a meeting of the latter organization, we listen to ex-junkies talking, using the twisted, colorful language of the addict…"[360] **The following is an excerpt from the actual documentary, narrated by Bill Stout:** "An older, more conservative group, Narcotics Anonymous, is patterned after and affiliated with Alcoholics Anonymous. NA believes the addict must adjust to society, hold a job, support of family. The NA member fights his addiction, not in a protective atmosphere, but while coping with the pressures and tensions of freedom and everyday living. This group in the San Fernando Valley has been going for six year. More than a thousand addicts have come to meetings. Most attend a few sessions and then leave and return to narcotics. But those who stay with the program stay away from drugs. Some members have not used heroin for 10 years. NA teaches total abstinence; no alcohol, pills, marijuana, heroin or any other narcotics. Each meeting opens with a reading of the NA creed. It says in part 'Our trouble was we could not manage our own lives. We could not live like normal people. We had to have something different and we thought we had found it in drugs and narcotics. We got so we had to have these drugs and narcotics no matter what the cost. We placed their use ahead of the welfare of our families, wives and children. We did them great harm but most of all we harmed ourselves. We broke not only the laws of society but the greatest law of all, the law of nature.'"[361]
December 4, 1959	"An off-Broadway play about junkies is under study by three organizations, including the New York City Department of Correction, for possible use in the fight against the crime of narcotics addiction. The play, at the Living Theater here is The Connection, by Jack Gelber. It depicts a hang-out of heroin addicts, with jazz accompaniment. At the suggestion of commissioner of correction Anna M. Kross, two other organizations, the Salvation Army and Friendly Visitors, Inc., – are considering the use of the play for a special benefit performance to raise funds for Narcotics Anonymous. Mrs. Kross, Brig. Gen Dorothy Berry of the Salvation Army, and Mrs. Olava Rambusch, president of Friendly Visitors which works with the inmates of the city's women's prison have all seen The Connection and regard it as a valid, if shocking, picture of addiction." Official attention has come as a surprise to Judith Malina, who directed the play which opened July 15 to generally poor reviews in the daily press.[362]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1959

Date	Event
1959	Murtagh and Harris in their book *Who Live in Shadows* include general description of NA, note it has only 4 groups (Lexington, KY, New York City, Washington D.C. and Santa Monica, CA), and lists 12 steps with Step one reading "powerless over drugs" and Step 12 reading "carry this message to other addicts" Notes: "Narcotics Anonymous admits that for all its hard work and good intentions, it has been influential in effecting only a very few recoveries."[363] 

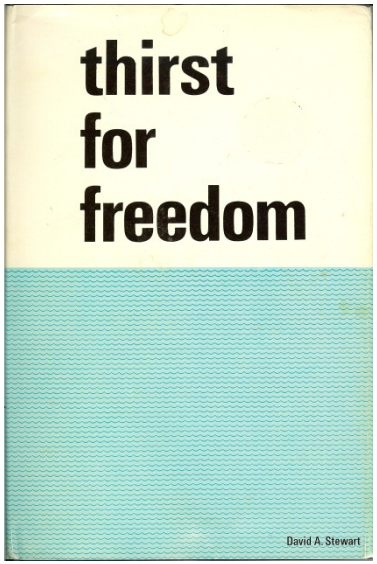
3	**Related to today's NA**	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
2	**Early New York NA & New York NA Influences**	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**
1				

1960

DATE	EVENT
February 25, 1960	Narcotics Anonymous Fete: "Seats are still available for the special performance of the play The Connection on Monday at the Living Theatre, 530 Avenue of the Americas. Proceeds from the theatre party will benefit Narcotics Anonymous. Mrs. Rita Feldstein is chairman of the event, for which tickets may be obtained from the Friendly Visitors, Inc., 10 Greenwich Avenue. The beneficiary, with headquarters at 215 West Twenty-third Street, applies the same method of group help as Alcoholics Anonymous."[364]
May 17, 1960	"Rev. Daniel Egan, chaplain of Narcotics Anonymous" is one of many witnesses at the President's Interdepartmental Committee on Narcotics. The committee is gathering information for a report to President Eisenhower.[365]
1960	**The following excerpt is from the article, "Postwithdrawal Treatment of Narcotics Addiction at Lexington," which appeared in the Abbott Laboratories publication *What's New*:** "Several years ago a former patient who knew of the successful results obtained by Alcoholics Anonymous decided that the same program might be helpful to narcotics addicts. After thorough study of AA, and with the full cooperation of the hospital, he organized a group patterned exactly after AA and called Addicts Anonymous. The group is still small-about 35 men and 28 women regularly attending weekly meetings-but the members are enthusiastic. Visiting members of both Addicts Anonymous and Alcoholics Anonymous come to the hospital frequently to work with the patients who have joined the movement. Since there are very few groups outside the hospital many members join Alcoholics Anonymous groups after discharge, and are readily accepted."[366] 
1960	Narcotics Anonymous first listed in the phone book with Jimmy K. answering[367]

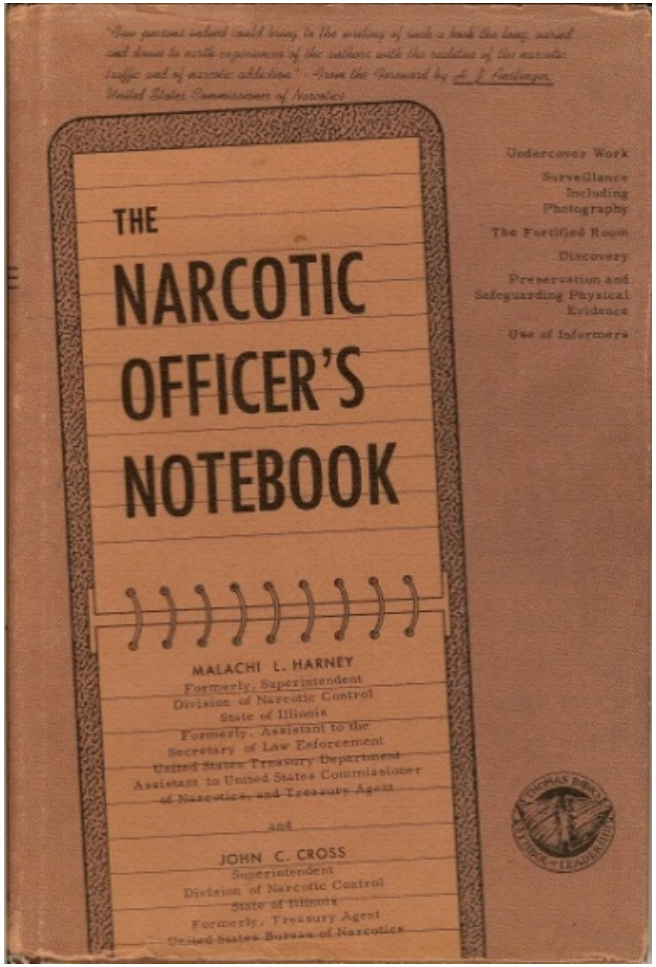
1960

DATE	EVENT
1960	**New literature is created:** "Who Is an Addict?" written by Jimmy K "What Is the Narcotics Anonymous Program" written by Jimmy K. & Sylvia W. "Why Are We Here" written by Jimmy K. & Sylvia W. How It Works (the paragraphs before and after the 12-Steps) written by Jimmy K. "What Can I do?" written by Jimmy K. "Recovery and Relapse" written by Jimmy K.[368]
1960	David A. Stewart's book *Thirst for Freedom* references Narcotics Anonymous: "Drug addicts who develop real insight will follow up their freedom in Narcotics Anonymous. This therapy is similar to A.A. and can bring the same effective results when it secures the support it richly deserves." Jimmy K. reads this book and the influence of *Thirst for Freedom* can be seen with: • The I.P. Another Look, written by Jimmy K. o From *Thirst For Freedom* – "Though we cannot say precisely what addiction is, we can say what it is not. Addiction is not a way of life, although it may appear to be." o From Another Look – "If we can find greater agreement on *what Addiction is Not*, then perhaps *what it is* may appear with greater clarity." • The Narcotics Anonymous symbol o From *Thirst For Freedom* – "With this new basic philosophy, the new A.A. member sets about to reorder his life around four main ideas – the *Self*, *Society*, *Service* and *God*." o The four sided NA symbol – Self, Society, Service and God[369]
Early 1960s	Remaining East Coast NA meetings begin to diminish and disappear[370]; This is contradicted by Patrick—See 1965 Citation[371]

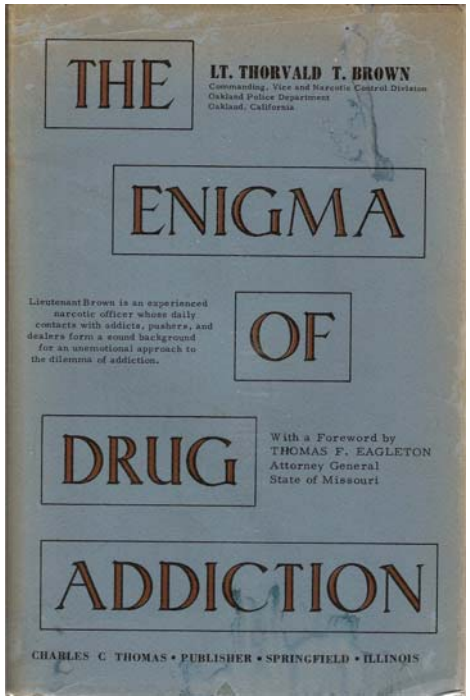


Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1961

DATE	EVENT
1961	**The following appears in the book *The Narcotic Officer's Notebook* by Malachi L. Harney and John C. Cross:** "Many addicts appear to derive great benefit from participation in the inspirational approach of the group known as Alcoholics Anonymous, or the more recently organized Addicts Anonymous. These groups also provide a continuing stimulus to remain abstinent from drugs after the patient is discharged." "(The authors interpose here to say that we have not seen results from an organization like Addicts Anonymous to persuade us that this type of operation, so successful with alcoholics, is very effective in a setting outside of some official control. Knowing how well it has worked for alcoholics, we would like to be convinced of the value of this device in the narcotic field.)"[372] 

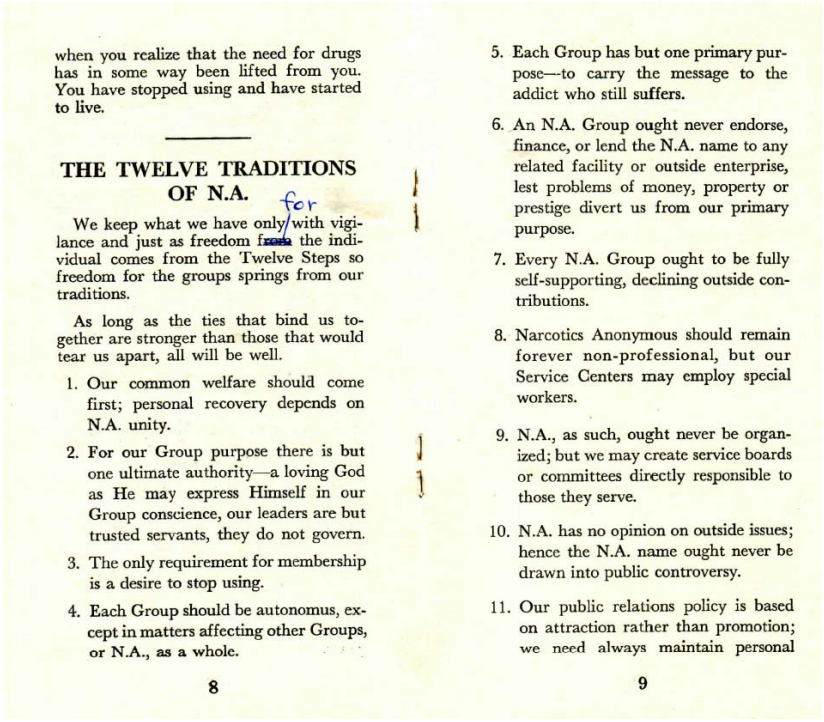
1961

DATE	EVENT
1961	**The following appears in *The Enigma of Drug Addiction*, a book by Lieutenant Thorvald T. Brown:**  In reference to the U.S. Public Health Service Hospital in Lexington, "Included in the activities aimed toward rehabilitation, is an Addicts Anonymous group which has proven meritorious to patients who are genuinely anxious to rid themselves of addiction. Patients in the medical profession (doctors) generally respond to treatment and the percentage of cures in this group is very high." "Unofficial Community Programs" "*Narcotics Anonymous* groups have been organized in several major cities and while their effectiveness is not documented, many of them are valuable as an adjunct to self-rehabilitation. Some, however, are misguided; their motives may be commendable but they lack proper leadership, training, funds, and a properly planned program. Similar to the Alcoholics Anonymous groups, the NA program consists of a type of mutually supportive group-therapy. A California group banded together and lived in squalor in an abandoned waterfront warehouse, existing on what they could scrounge from friends and relatives; from the sale of novelties, and by begging. Their program consisted of discussion sessions in which members would openly bare their souls before the others and by citing their experiences attempted to point up the folly of drug use. Some who had institutional psychiatric treatment felt qualified to apply this science to others. Readings from psychiatric textbooks rounded out this phase of 'professional' treatment. This particular group became very obnoxious to the community and were constantly harassed by the police which aggravated their anti-social outlook and gave cause to condemn a society which did nothing for them but put them behind bars; they complained that they were trying to help themselves and in so doing were persecuted….Actually, the center which housed the group (both sexes) soon became worthy of the reputation of being a bawdry house where orgies superseded the psychotherapy.

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1961

DATE	EVENT
1961	Throughout the country there are NA groups that undoubtedly are contributing something toward rehabilitation but proper supervision by capable leaders is required in any group of this nature and once established with qualified directors, they should be supported by the community and recognized and encouraged by official agencies of government; properly conducted these organizations provide a substantial footing for the addict on the road to rehabilitation between the hospital or prison, and the community to which he must return."[373]
1961	*Little White Book* is published with the 12-Traditions.[374] Other sources list that it is first published in 1962.[375]



when you realize that the need for drugs has in some way been lifted from you. You have stopped using and have started to live.

THE TWELVE TRADITIONS OF N.A.

We keep what we have only with vigilance and just as freedom for the individual comes from the Twelve Steps so freedom for the groups springs from our traditions.

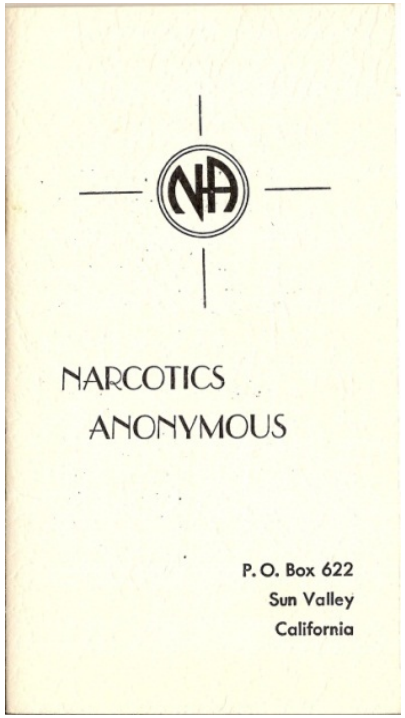
As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

1. Our common welfare should come first; personal recovery depends on N.A. unity.
2. For our Group purpose there is but one ultimate authority—a loving God as He may express Himself in our Group conscience, our leaders are but trusted servants, they do not govern.
3. The only requirement for membership is a desire to stop using.
4. Each Group should be autonomus, except in matters affecting other Groups, or N.A., as a whole.

8

5. Each Group has but one primary purpose—to carry the message to the addict who still suffers.
6. An N.A. Group ought never endorse, finance, or lend the N.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose.
7. Every N.A. Group ought to be fully self-supporting, declining outside contributions.
8. Narcotics Anonymous should remain forever non-professional, but our Service Centers may employ special workers.
9. N.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. N.A. has no opinion on outside issues; hence the N.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal

9



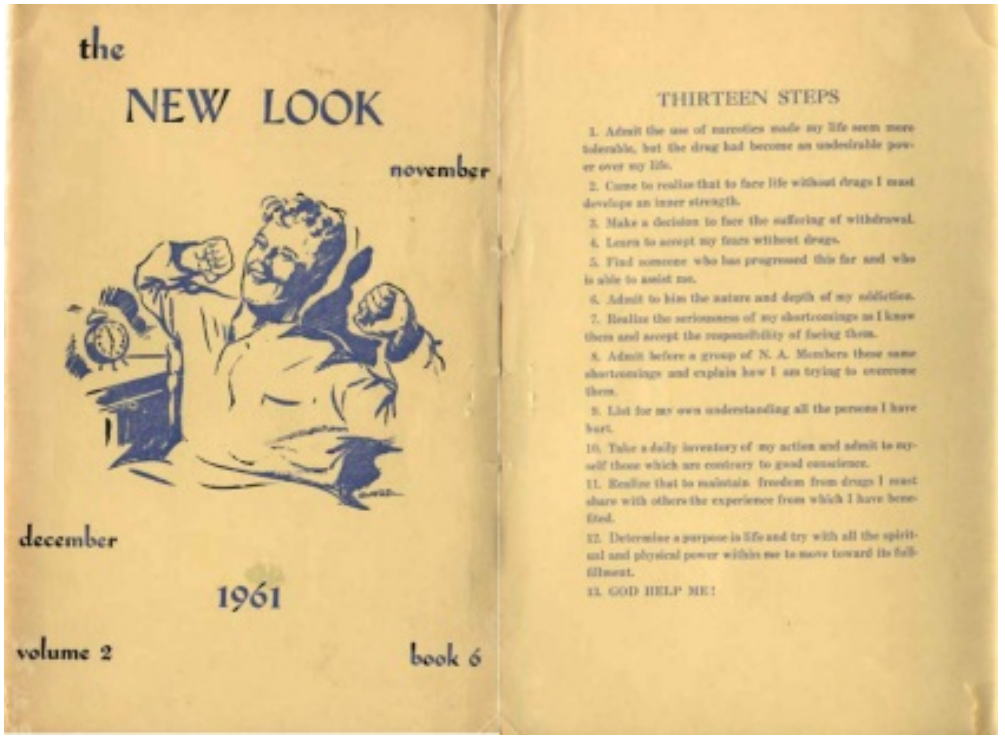
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1961

DATE	EVENT
1961	"We Do Recover" written by Jimmy K.[376]
1961	NY NA: National Board of Narcotics Anonymous reorganized as the National Advisory Council on Narcotics[377]
Jan. 16 & 17, 1961	The following excerpt is from a report, Coordinate and Liaison Services for Addictive Disorders at the (Pennsylvania) Institute for Alcoholism and Narcotic Addiction by Drs. Edward J. Humphreys, Director, Institute for Alcoholism and Narcotic Addiction and James R. Harris, Psychiatrist-in-Chief, Philadelphia General Hospital, that appears as Appendix 4 in minutes of the 23rd meeting of the Committee on Drug Addiction and Narcotics. "3. Liaison with Law Enforcement Extensive programs are being developed in linking medicine and law in a common effort at control, treatment and prevention of drug addiction. The effectiveness of this effort is a reflection of the devotion of the Division of Behavioral Problems, especially that of the former director, Dr. Joseph Adlestein, and of Mr. Donald Walter, Chief Supervisor of Narcotic Control. Of special importance in this direction, is the work of Mr. Renato Della Porta, Chief of Field Operations in Narcotic Control, Philadelphia Area. Lt. Anthony Bonder and the Narcotic Squad of the Philadelphia Police have also been contributing splendidly in this endeavor. Other liaison with Philadelphia police units is being established. Operational liaison in drug addiction is maintained with the following organizations: Divisional personnel, Seventh Health Region, Philadelphia Narcotic Squad, county and local police units, county boards of probation and parole, the State Police, the Federal Bureau of Investigation, the Federal Bureau of Narcotic Control, the Courts, and pharmaceutical organization – state and private. Further plans include the organization of an Addicts Anonymous with the linking in of the Institute activities and rehabilitation services for addition patients. Full medical and psychiatric services will include increasing numbers of addicts. The organization of inpatient services at the Philadelphia General Hospital will open new opportunities for services to drug addicts, including a Nalline testing program (depending on resolution of present controversy), and drug detection procedure using new methodologies. Relating law enforcement agencies with medical and rehabilitative services, should make it possible for more addicts to be treated in Pennsylvania, with follow-up currently largely lacking. Law and Medicine working together make a modern control and treatment system possible, alone, the public is not served.

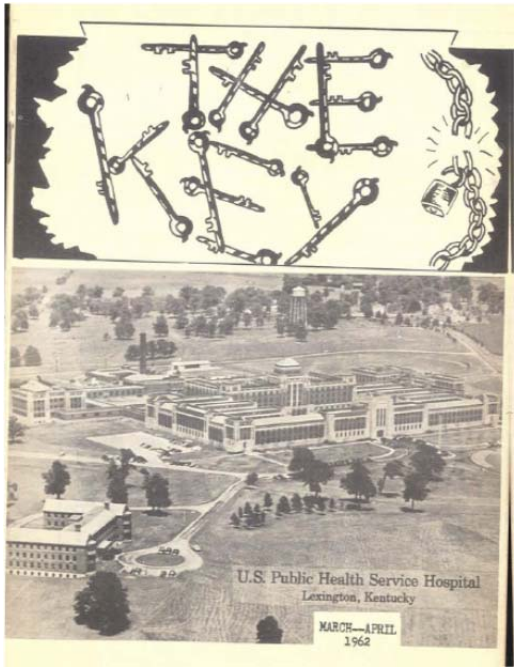
1961

DATE	EVENT
Jan. 16 & 17, 1961	It should be noted that the remarkably low incidence of juvenile drug addicts in Pennsylvania is a direct reflection of the efficiency of control exerted largely by the Narcotic Control Division of the Division of Behavioral Problems, the Philadelphia Narcotic Squad and other police units. The Division personnel cover all areas of the state, cooperating with all pertinent interests listed above."[378]
August 12, 1961	Bob B. gets clean. His story "Something Meaningful" first appeared in the *Little White Book* in 1966. His story also appears in the *Basic Text* under the title "I Found the Only N.A. Meeting in The World." Bob would later serve on the Board of Trustees. His wife at the time would go on to found Nar-Anon.[379]
Nov/Dec 1961	The *New Look* prison publication for the Narcotics Anonymous in the Southern Michigan Prison in Jackson, Michigan reports that the NA group is celebrating its 2nd anniversary. This issue of The New Look lists the 13-Steps. It also contains an article on Synanon philosophy.[380]



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1962

DATE	EVENT
1962	The Seekers Group of NA is formed in Walla Walla prison. Jimmy K. exchanges recordings of meetings with them.[381]
1962	**Sydney, Australia:** Chris, a chemist and member of Alcoholics Anonymous, was approached by a woman in Sydney who was an addict. He referred her to the Alcoholics Anonymous Central Office, where she was told that she could attend Alcoholics Anonymous meetings, she could not participate. Chris decided to start a meeting for addicts and invited several members of Alcoholics Anonymous to attend. The meeting was initially called Addicts Anonymous, but later was changed to Drug Anonymous since Addicts Anonymous shares the same initials as Alcoholics Anonymous.[382]
March/April 1962	**The following appears in the Addicts Anonymous newsletter, *The Key*:** "This issue marks the 15th Anniversary of the Public Health Service Hospital group. It was founded February 16, 1947 by Houston P. S., a man who has been the savior of many hundreds of addicts who, without his labor, may never have been exposed to the AA way of life. The success of the program has been possible only through the tireless and selfless efforts of this truly great individual. His efforts have not been dampened by his personal illnesses, his problem or disappointments. And today his continued effort is as great an inspiration as it has been through the past fifteen years. It would be impossible to find a way to express our deep gratitude to him; however, on March 18, 1962 he will be honored at our annual banquet. It is hoped that this small effort will in some way convey to him our true appreciation. We could not give thanks without including Ray M. Approximately a year ago Mr. S. had the wisdom to bring Ray into our midst as co-sponsor. Ray has proved to be a fiery inspiration, and on this 15th Anniversary we are sure we will owe him a debt equal to the debt we owe Houston S. today.[383] 

1962

DATE	EVENT
May 24, 1962	Conference for Clergy on Narcotics Addiction Sponsored by: Office of Narcotics Coordinator, New York City Department of Health Participants in the panel discussion included Brigadier Dorothy Berry (Salvation Army) and Mrs. Rae Lopez (Executive Secretary, Narcotics Anonymous).[384]
June 12, 1962	This letter, dated June 12, 1962 on Narcotics Anonymous letterhead, is a reply from Jimmy K. to two individuals who are institutionalized in Kingston, Ontario. "Mr. D. J. Reason, T.L.O. Mr. Neil Hicks, T.E.B. Box 22 Kingston, Ont. Gentlemen: Let me introduce myself I am Jimmy K., chairman of Narcotics Anonymous Central Office here. Your request is most welcome + you are the first such outside of the States altho' (sic) ther have been other letters from around Canada. We have quite a few 'Inner Groups' here in California + growing, slowly but surely. I do not know whether you do or do not have an A.A. inner group or if you know the meeting setup used in A.A. If the authorities at your institution are willing to allow a group to meet on voluntary basis, with no supervision of a director or authoritarian nature, but with perhaps a delegated sponsor or someone of that nature, then it will not be long, providing you are serious, to prove that this program will work + be beneficial to all concerned. Under separate cover I am sending you enough of our booklets to get started, also the folder that our meeting leaders use. If you read the first page of some at your meetings you will at least get a couple of good laughs + that's worth something. Now we also have tape recordings of some of our meetings + pitches or talks by some of our members I will be glad to ship there to you if you want them, I hope you do, they are a help.

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1962

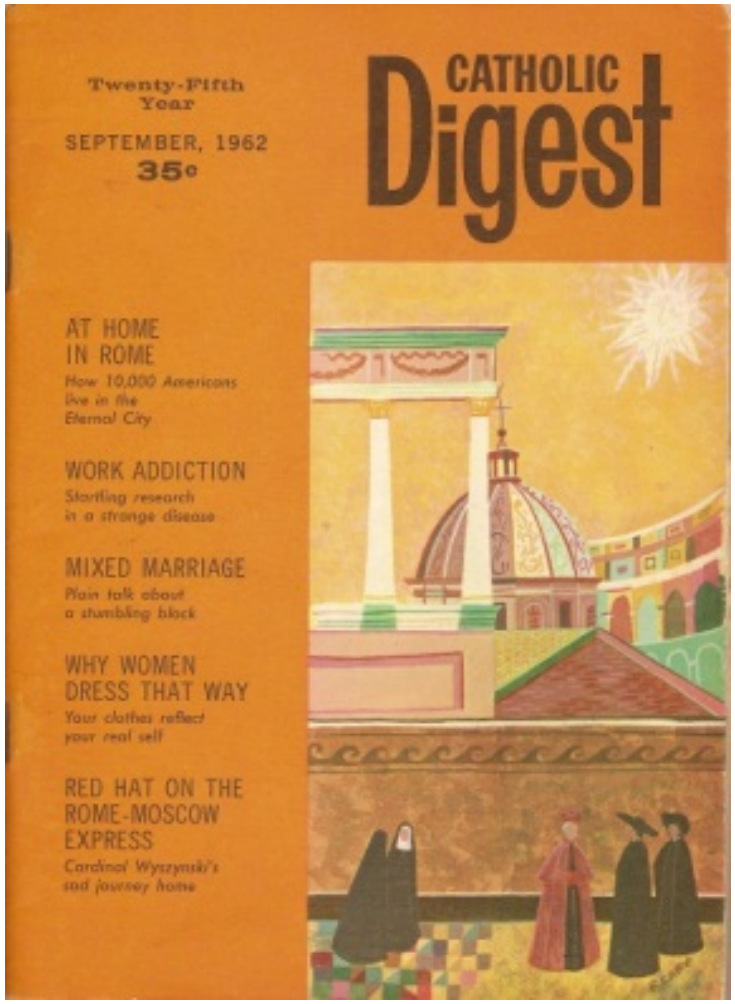
DATE		EVENT
June 12,	**1962**	Now, anyone may use the N.A. name as long as they utilize the Twelve Steps of Recovery for the individual + the Twelve Traditions for the Unity of the groups. Every group of N.A. no matter where they are or how large o small have a voice in N.A. There are no bosses or leaders as such in N.A. The only N.A. authority is the voice of our conscience as a whole movement. So you are one of us when you say you are. Our only purpose is to help the addict recover who sincerely want to stop using. This has never worked successfully, to my knowledge, if we do it for anyone or anything except ourselves. If I may, with no adverse criticism intended, take up part of your letter. You said 'most of you are repeaters + some sincerely want to beat the psychological part of addiction, particularly since recent amendments to the code have made penalties stiffer.' You asked if I could give you any tips that might be helpful. Yes – keep your program simple, we are complex people, who need simple + direct ways of doing things. These ways are found in the Twelve Steps. Now I would like to recommend a book that I consider a must for myself + feel that it could be of considerable help + interest in your institution group. It is '*Thirst for Freedom*' by Dr. Dave Stewart a good friend of mine + a Canadian to boot, who is now at the San Luis Obispo Mental Health Hospital in Calif. It may be in our library, but I doubt it. I can be obtained if the first printing has not yet run out from 'Mission Book Company Ltd." Toronto. If you cannot get one let me know I think I can find one here in L.A. We also use the Alcoholics Anonymous big book (sic) + the Twelve Steps + Twelve Traditions of AA at the present time. We have other literature in process of being written but there isn't enough hours in the day as yet to do all the things we'd like to do. We are not affiliated with A.A. but we cooperate fully with one another without friction. Hoping to hear from you soon. Good luck. Jimmy K. N.A. Chairman

1962

DATE		EVENT
June 12,	**1962**	Neil, After I finished this letter, I re-read yours + would like to say to you that you no longer have to measure the future by the past – the past is dead + gone if you practice this program with its principles for the rest of your time, you can do easy time. For the first time in the entire history of man the addict stands a chance, we never had this before so lets make the most of it. I tell you it does something to you when you sit, as I do, at a meeting here on Friday night + look around a big table + see thirty to forty clean addicts + realize that this is probably the biggest number gathered together at one time (outside of institutions) anywhere in the world, who are clean on the street, because they have found something now, that they were looking for in drugs + seldom found. Just a thought but what a thought. Jimmy K.[385]
Summer	**1962**	Marvin S. is the Men's Secretary for the Addicts Anonymous group at the U.S. Public Health Service Hospital in Lexington, KY. Marvin will soon be involved with starting Narcotics Anonymous in Cleveland, OH.[386] 

1962

DATE	EVENT
September 1962	**September issue of *Catholic Digest* contains an article by John D. Harris titled Junkie Priest:**



"The telephone rang at 2 A.M. 'Father, Jackie is very ill. She's taken an overdose. She's in Bellevue.' The woman's voice was urgent.

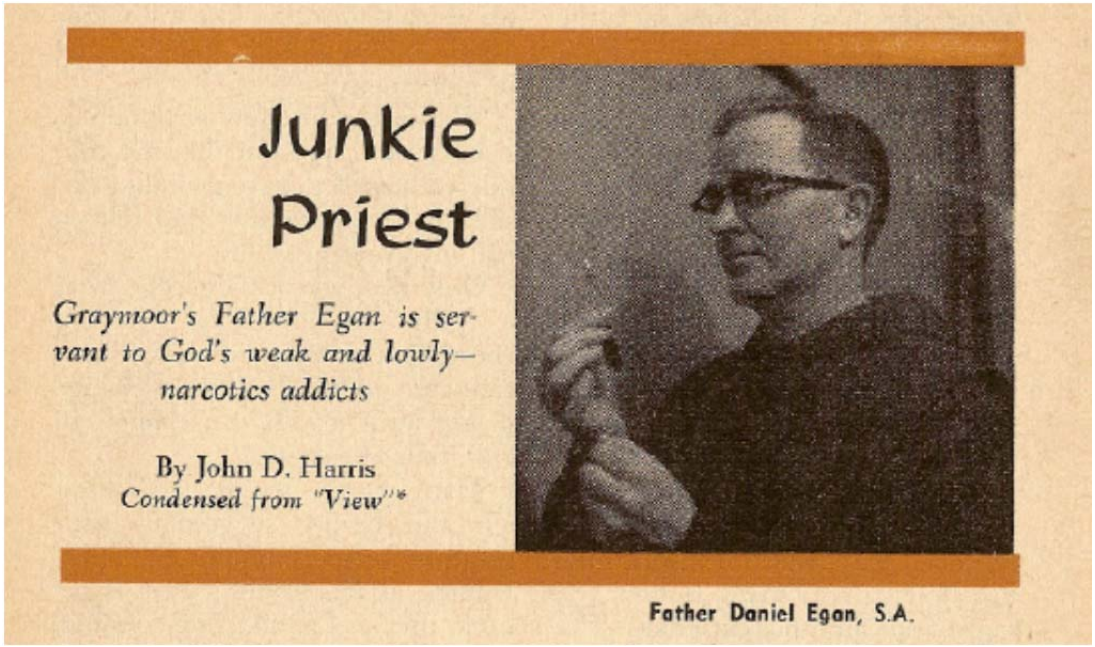
It took Father Egan seven minutes to get to the hospital. He headed directly to for the emergency ward.

A young intern was bending over a 20-year-old girl. He was trying to learn what drug she had taken. Father Egan glanced at the girl, and said, 'Jackie's a goof-ball addict, doctor. If you don't mind my suggestions, let's elevate the foot of the bed. Now, let's keep the nasopharynx clear of secretion. I'll keep her awake with some light slapping and pinching while you give her about 15 mg of benezedrin. And some nikethamide will help, too. Let the nurse administer oxygen.'

The intern stared at the slender, gray-haired priest. 'Wait a minute,' he said. 'Just who are you, anyway?'
At that moment another doctor arrived. 'Go ahead and do as he suggests, doctor,' he said. 'He probably knows more about this than any of us. He's the Junkie Priest.'

It has taken Father Egan ten years among thousands of addicts in New York City to earn that title, which he treasures. Father Daniel Egan, S.A., is a Graymoor priest. When not out preaching missions and retreats he lives at the Graymoor Friars' house in New York's Greenwich Village, two blocks

1962

DATE	EVENT
September 1962	 from where he was born 47 year ago. Most of his time is spent in the seething, festering jungle of pushers, prostitutes, and thieves. More than 30,000 narcotics addicts live in New York City, the biggest concentration in the country. Their need for money to sustain their habits, often exceeding $75 a day, make them the city's foremost crime problem. Father Egan has devoted himself to the female addicts, feeling they need even more help than the men. They are all 'precious souls and children of God,' even though drugs have condemned them to a life unimaginable to the outsider. He holds that addiction is a sickness, not a crime. Father Egan's journey into the nightmare existence led by addicts began ten year ago when a desperately sick woman came to him for help. 'She was hooked real bad and was in agony, trying to kick her habit,' he said. 'I canvassed every hospital in town. None would admit her. She was shrugged off as a criminal.' Father Egan was appalled. He began to read about narcotics. He sought out addicts, learned their problems, and began to help them. Today he is chaplain to New York's Narcotics Anonymous, an organization that functions in roughly the same manner as Alcoholics Anonymous.

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1962

DATE	EVENT
September 1962	His philosophy is as old as the Church itself. 'As long as they can be helped to die in God's grace, I will continue to work with them and help them to their feet, no matter how often the fall.' Father Egan considers addicts as not hopeless, but helpless. 'It's no use saying, Why don't you stop?' he explains. 'They want to stop. But their wills are weak. Their whole emotional system depends on the drug.' He insists that kindness and patience have succeeded in obtaining protracted abstinence, and even cures from addiction, where years of prison and psychiatry have failed. Once a scrap of paper fell from a barred window at the Women's House of Detention in New York. It landed at the feet of a trembling 18-year-old girl addict on the sidewalk below. Five words were scrawled on it: 'Try to find Father Egan.' Other addicts had seen the girl from a cell window, and recognized her plight. The girl, whom we shall call Anne, was new in town. Who was Father Egan? Where was he to be found? How could he help a girl like her? She learned the answers from other addicts. Two days later she knocked nervously on the door of the Graymoor Friars' residence. A youthful-looking priest opened the door. Anne handed him the scrap of paper. 'I'm Father Egan,' he said. 'Come in.' Anne, like hundreds before her, had found the Junkie Priest. Father Egan quickly got her into a hospital. He visited her frequently, often slipping a pack of cigarettes and a $1 bill into her bedside table drawer. During one visit, and after the usual conversation that 'only junkies understand,' Father Egan asked Anne if there was anything she would particularly like. 'Oh, yes,' the girl whispered. 'There's nothing I'd like better than a cold apple.' It was 10:30 P.M. Father Egan climbed into his car and searched the Lower East Side for an apple. All she could say was, 'Thank you Father. It's so good.'

1962

DATE	EVENT
September 1962	The next day she eyed Father Egan quizzically. Her strength was returning, 'Father,' she demanded bluntly, 'why are you so nice to me? I'm not even a Catholic. And I'm a junkie.' Father Egan answered, 'You're a human being with human dignity. You need a friend, someone to help you. I'd like to be that friend.' That was a year ago. Father Egan received a Christmas card from Anne last year. She had written: 'Thanks for being my friend. Thanks for getting me a job and a place to live. Thanks for giving me back my life.' Father Egan was the only priest subpoenaed by the Kefauver committee during its crime hearing. Gov. Nelson A. Rockefeller appointed him a state delegate to the 1960 White House Conference on Children and Youth. But air-conditioned hearing rooms are not where Father Egan fights his battle. His erect figure and ready smile have become fixtures in hospital wards, jails, courtrooms, and slums – anywhere that female addicts need help. He is a nocturnal prowler of streets, alleys, basements, and rooftops considered dangerous even for police. His gentle voice often deceives people. But he is fearless when he thinks an addict is being treated, as he says, 'worse than an animal in Central Park zoo.' Police who handle addicts as mere criminals frequently feel his wrath. But to other officials he is a legend. Among those who offered hearty testimonials are Assistant Commissioner of Health Dr. Theodore Rosenthal, head of New York's Narcotics Coordination office; Dr. Fred Zimmerman, deputy superintendent of vast Bellevue hospital; and federal Narcotics bureau district supervisor Samuel Levine. Father Egan is as much a part the Women's House of Detention as its grim walls and hallways. Nearly 700 women are held there, 80% of them addicts. Walter Logan, director of classification and treatment at the jail, shrugged and sai the only way to talk about Father Egan was 'in superlatives.' 'A girl came here voluntarily the other night,' he said. 'She was writing in pain from narcotics withdrawal. She was crumpled into a ball on the floor. We couldn't get her into a hospital. I called Father Egan. He was he in ten minutes. Somehow he got her a hospital bed.'

1962

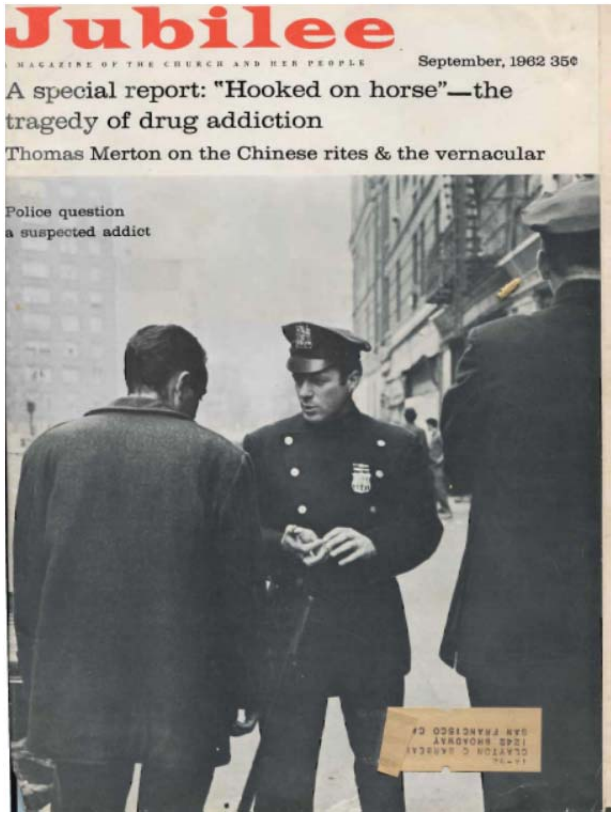
DATE	EVENT
September 1962	The most powerful tributes to Father Egan come from addicts themselves. While sick recently he received dozens of letters from addicts and former addicts. One card arrived signed by all the women on a floor of the federal narcotics hospital in Lexington, Ky. 'We need you more than any hospital,' it said. 'Please get well.' Slightly built, almost fragile, his face curiously unlined, Father Egan has taken no vacation in ten years. He cannot – he is a walking employment agency for his girls. He insists that most of them need a job more than anything else. He may call one girl at 5:30 A.M. to remind her to be on time for that all-important job. By 7 A.M. he will have telephoned three more. At 9:30 A.M. he is talking to parole officers. At 10 A.M. he is coaxing the Department of Hospitals to check on available beds. During lunch hour addicts call him at pay booths by prearranged appointment, just to talk to him. To each he gives hope and encouragement. When he returns to the Graymoor House each evening there are dozens of notes: call tis hospital, that judge, this junkie, that distraught mother. He is continually handing out rent money for homeless girls until they find jobs. Father Egan's only help comes from the Legion of Mary. He has his own praesidium of Our Lady of the Atonement, 12 members who work in offices, banks, and at switchboards until 5 P.M. and then roam New York's slums seeking sick and helpless addicts. Last year his Legionaries made 863 visits to addicts in jails, hospitals, and crumbling tenement buildings. Now an increasing number of New York judges are welcoming the chance to suspend a sentence and put a girl on probation 'to Father Egan and the Legion of Mary.' He has special car-parking privileges. Once he decided that one of his girls, Marie, needed longer care than a city hospital could give her. He telephoned the federal Narcotics hospital at Lexington, Ky. The hospital agreed to admit her. Equipped with letters from the Bellevue Social Service department and from Father Egan, Marie boarded a bus. Near the Kentucky state line she became quite sick. She telephoned Father Egan at 5:30 A.M. His instructions were swift

DATE	EVENT
September 1962	and explicit: 'Marie, get to the nearest hospital. Show them the letters. Ask for one seconal pill. That will be enough for you to get to Lexington.' Marie showed the letters at the hospital. She was jailed as a criminal, and suffered two convulsions in her cell. Eventually she reached the federal hospital and was well treated. Soon, however, she will return to New York with no money, no job, no place to live, and no friend – except Father Egan. Father Egan says he has known many addicts who were sentenced to five years in prison for thefts committed while trying to get into a hospital. And he has become convinced that many people in the medical and correctional professions care little or nothing about what happens to addicts after they leave a hospital or prison. He dismisses as a 'medical myth' the argument that special facilities are needed to treat addiction. Any hospital in the country could admit addicts as normal patients, he argues. 'The only facilities needed are beds, doctors and nurses who are kind to them, daily doses of methadone and other withdrawal drugs, and a friend to visit them. In recent months Father Egan has secured the admission of more than 100 female addicts to the hospital. They are treated in wards with other patients. He says they have proved to be as passive, quiet, and understanding as others. 'The exceptions,' he explains, 'are not so because they are addicts, but because of their individual personalities, just like other patients.' Father Egan is strenuously opposed to 'narcotics hospitals' as such. There, he maintains, addicts would merely 'talk and think' drugs. In a general ward the change in them is unbelievable, he claims. He is no starry-eyed dreamer in a tough, crime-infested world. He is fully aware that the rate of cure is discouragingly low. But he thinks he sees some of his efforts beginning to pay off. He discerns a change in the attitude of New York doctors and nurses toward addicts. Increasingly they admit and treat

DATE	EVENT
September 1962	junkies like other sick patients. Millions of public funds could be saved and the addict population slashed in half, Father Egan thinks, if city, state, and federal agencies built 'half-way' houses. These are his dream and prayer. He envisions a house somewhere in New York, a sort of St. Christopher's Inn for women like the Inn for Homeless Men operated by the Graymoor Friars at Garrison, N.Y. It would be an old brownstone where about 20 women could live fo a month or so until they found a job and an apartment. Father Egan thinks authorities who fight small-time pushers are wasting their time. 'Throw 100 in jail and 100 more take their places,' he says. 'Most of them are junkies themselves, desperately needing money to buy drugs. There aren't enough prisons to hold them all.' But he is relentless in furnishing information to the Federal Bureau of Narcotics about racketeers who wholesale drugs to the pushers. Is there a way to 'solve' the narcotics problem? Yes, Father Egan insists. But only by drying it up at it source. And this would take an aroused, world-wide public opinion calling for every type of sanction against nations producing illicit drugs. Society's outcasts, addicts usually shy away from the sacraments for years. But they find it easy confessing to the Junkie Priest. One night recently, Dolores, young but haggard, ravaged by years of dope and prostitution, lay dying in a hospital. She was the victim of 17 stab wounds. No one could get her to go to Confession. Father Egan was notified, and hurried to her. He whispered, 'It's me, Dolores, Father Egan.' Dolores opened her eyes and clasped Father Egan's hands. She cried, 'Thank God you're here, Father.' Another junkie's soul was saved at the edge of eternity."[387]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1962

DATE	EVENT
September 1962	Oona Sullivan writes "The Addict's Fix" which appears in a magazine called Jubilee. This article will later appear as a chapter in the book *The Addict* in 1963.[388] 
Sept. 26 & 27, 1962	"The first White House Conference on Narcotic and Drug Abuse was held in Washington, D.C., on September 27 and 28, 1962, at the request of President Kennedy because of his concern over an acute problem of national significance. The Conference, chaired by Attorney General Robert F. Kennedy, was attended by more than 400 representatives of public and private agencies concerned with the control and treatment of the problem."

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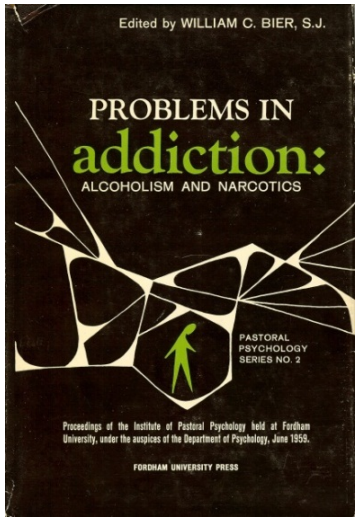
1962

DATE	EVENT
Sept. 26 & 27, 1962	The following persons, of interest to this chronology, were invited to the Conference: Brigadier Dorothy Berry, Father Dan Egan, Rae Lopez, Houston P. Sewell, Dr. Marie Nyswander, Charles Dederich, Dr. Charles Winick, Dr. Robert W. Rasor (Medical Officer in Charge, U.S. Public Health Service Hospital, Lexington, KY), and Hon. Nelson A. Rockefeller (Governor of New York). "Berry, Brig. Dorothy: Director, Women's Correctional Service, Salvation Army, New York, N.Y." "Egan, Rev. Daniel: Chaplain Narcotics Anonymous, New York City, N.Y." "Lopez, Mrs. Rae: New York, N.Y." "Sewell, Houston P.: Frankfort, KY" The following persons, of interest to this chronology, were speakers or panelists: Robert F. Kennedy, President John F. Kennedy, Robert F. Wagner (Mayor of New York City), William B. Parker (Chief of Police, Los Angeles, Calif.), Dr. Harris Isbell (Director, Addiction Research Center, Lexington, KY), Dr. Charles Winick (American Social Health Association, New York), and Rev. Norman Eddy (Director, Narcotics Committee, East Harlem Protestant Parish, New York). The following names included here, may be of interest for future research based upon their proximity to and possible involvement with Narcotics Anonymous: Peter J. Pitchess (Los Angeles County Sheriff, Los Angeles, CA) Chief William Parker (Los Angeles Police Department, Los Angeles, CA) Martin Niswonger (Frankfort, KY – may be member who supported Addicts Anonymous) Judge William A. Munnell (Los Angeles, CA) Joseph Holt (San Fernando Valley, CA) Mrs. Marvin Gildersleeve (Reseda, CA)[389]
November 1962	A second, separate, Narcotics Anonymous is founded in Chicago by Rev. Cosmas Herndel, Catholic chaplain at the House of Correction.[390]
November 18, 1962	Reference to Father Dan Egan in a story about a possible half-way house for addicts: "For years, experts like Father Daniel Egan, chaplain of Narcotics Anonymous, have been pleading for this humane and practical approach to narcotics."[391]

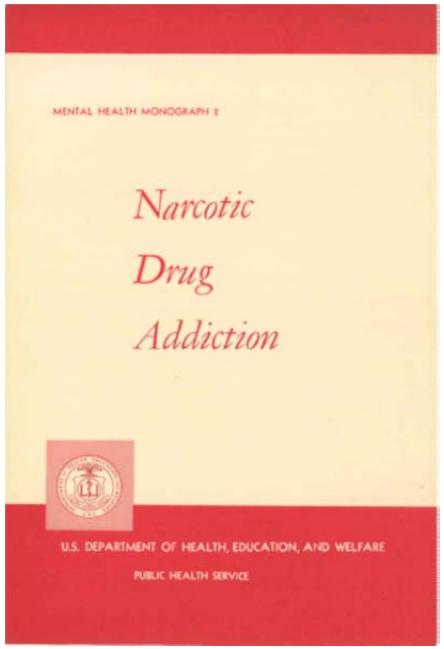
1962

DATE		EVENT
Dec.	**1962**	**The following excerpt is from the Alcoholics Anonymous newsletter *Sounding Board Jails Hospitals Institutional Committee*:** "In spite of our stand on A.A. sponsorship of N.A. meetings in certain institutions, we will probably find this baby again on our doorstep from time to time." "Inter-Committee Meeting The Inter-Committee meeting was hosted by the Inland Committee on November 18th at Railto, California. Bill G., Inland Committee Chairman, read the opening message as agreed upon at the September meeting. Kitty M. read the minutes of the last meeting. These accepted as read. Hugh McG. Mad the Treasurers report in the absence of Dorothy T. Due to illness Dorothy requested that her resignation be accepted and another be selected to fill the vacated post. Ed H. was then selected for this job. Reports were made by the representatives of each Committee. All Directors were present with the exception of John A. LA Committee, who was ably represented by Harvey A. Each of the reports dealt with a common problem – the rules of the different institutions and the length of sobriety for the speakers and panel members who serve. It seems that many incidents of not conforming with these requirements have been noted recently. Continual disregard of these regulations can or will seriously hamper the Committees endeavors…so said each speaker. The real business at hand was the project concerning the Narcotic Facility at CIM. The question of whether the AA program as such could or should 

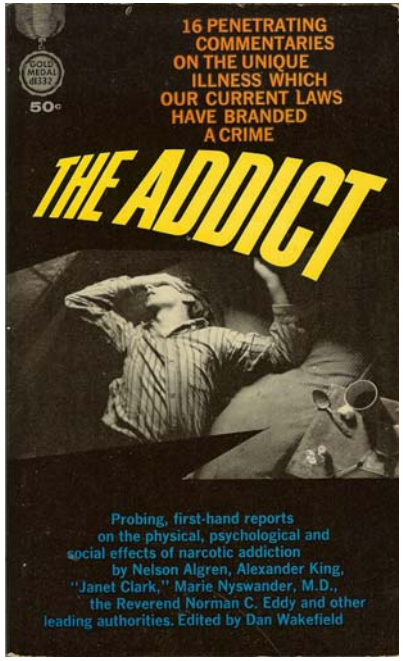
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DATE		EVENT
Dec.	**1962**	participate in this 'outside' project was thoroughly discussed by the general membership. A report written by Jack P. from information found in the various AA publications, letter from Bill W., the experiences of such an attempt in another are, and a careful interpretation of the 12 Traditions as outlined in the book Twelve Steps and Twelve Traditions was read and accepted. A letter of explanation covering this decision will e given to the Assoc. Supt., Eklund and his staff. It was suggested that N.A. be suggested for this meeting at the facility. Jim K., representing N.A. concurred fully with the report and offered any help that the institution might allow them to give. Last report on the agenda: DO NOT FORGET THE INLAND NEW YEARS EVE DANCE AT CHINO. All proceeds go to purchase of literature for the Inland Committee activities. Meeting adjourned at 4:40 pm. Roma B." p. 4[392]
1962		**Book *Problems in Addiction: Alcoholism and Narcotics* references 1 NA meeting per week in NYC:** "Members of Narcotics Anonymous, modeled after A.A., are very eager to talk with clergymen about their first-hand experiences with the problem*" *"Narcotics Anonymous meets only on Wednesday nights at the McBurney YMCA, 215 West 23rd Street, New York, 11, N.Y."Clerg[393] 

1963

DATE	EVENT
1963	**The following appears on p. 11 of the monograph *Narcotic Drug Addiction*, published by the U.S. Department of Health, Education and Welfare:** "He may join Narcotics Anonymous, known also as Addicts Anonymous."[394] 
1963 **The Addict**	**Dan Wakefield serves as the editor for a book called *The Addict*, a collection of 16 commentaries on addiction. The book includes chapters by Dr. Marie Nyswander (History of a Nightmare), Alexander King (Going to Lexington), and Oona Sullivan (A Bridge to the Addict).** **Alexander King writes in "Going to Lexington":** "…Then somebody suggested that I join the newly formed Addicts Anonymous. I am instinctively leery of joining anything. I never joined the Communist Party, the Automobile Club of America, or even the Camp Fire Girls, but I did go to one of the meetings of Addicts Anonymous. They were nice people, elderly people mostly, who had by their own testimony wrestled bravely with the dope demon. They had always lost. Most of them were chronic recidivists, and some

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DATE	EVENT
1963 **The Addict**	cynics claimed you couldn't join unless you had been to Lexington at least six time. A good many inmate doctors belonged. Not the ablest, nor the brightest, but the oldest. The only exception was their chairman, a doctor in his mid-thirties. He housed along my corridor and it was he who had induced me to come. His name was Elmer Bishop.  There is a quasi-religious aura about these meetings which makes me uncomfortable. This is true about Alcoholics Anonymous as well. At any rate, I didn't go for it. I'm not happy when people confess their sins and trespasses out loud. I also had the feeling that some of these breast-beaters were enjoying themselves immensely as they resuscitated their pathetic crimes. After a while I had the idea that they were less concerned with repentance than with reliving their gruesome but nevertheless thrilling past adventures. Maybe I was off. But they dragged me, too. I wanted to jump up and say to them, 'In Heaven's name, go out and get a shot of dope and stop talking so much about it.' I was probably wrong. I often am. That evening Dr. Bishop, their chairman, came to visit with me. He would have been quite handsome, but his chin and his eyes were to wishy-washy. He looked as if someone had made a successful sketch of his head but had accidentally spilled some water under the eyebrows and below his mouth. He was fair-skinned, with straight blond hair, and any sudden emotional change sent a youthful flush of color to his face. Dr. Bishop respected my misgivings about A.A. But as I elaborated my objections to joining, the uncontrollable barometer of his telltale blood rose in his cheeks, indicating signs of distress. I suppose I should have shut my trap and let it all ride. In the end we shook hands, and, because he looked so much like a ripe pimento, I promised to give it another try some other time. I never went back again, because the very next day, a little before sundown, something happened to settle my mind completely.

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DATE	EVENT
1963 **The Addict**	It was just about chowtime, and I wanted to ask Dr. Bishop something about my kidney stones. About a possible diet that might help me. Bishop was a genito-urinary specialist, but somehow I had never before thought of consulting him. I opened the door to his room, and in the semidarkness I thought at first that he was out. His room was full of little domestic touches, such as hand-decorated lamp shades, ash trays he had hammered out of tin cans, and, most notably, three handsomely framed photographs of his demure wife and his sweet hypnotized-looking little daughters. Then, as my eyes became accustomed to the sparse light, I suddenly saw him. He was kneeling beside his bed, with bowed head in an attitude of quiet reverence. I felt like a blundering ass and proceeded silently to back out of the room. I made it, too, without his having seen me. But unfortunately for my soul's equilibrium, I had seen him. He had his sleeve rolled high up above his elbow. His eyes were closed in unmistakable ecstasy, while with his right hand he gave himself an imaginary shot in the arm with a nonexistent hypodermic syringe. I took a quick look at the shadowed faces of the three dependent women in his life and noiselessly closed the door behind me. What price salvation, now? I thought. The following day I asked to be released from the institution. I am one of those unfortunate people who don't believe that this life is just a curtain raiser, and that after it has closed I shall wake with heightened awareness to some purer form of existence. Well, if this is the whole works, you would imagine I couldn't possibly spare any time for doodling. Nonetheless, I returned to Lexington three more times and spent, altogether, fourteen months within its walls. The last two times I returned against my will, as a prisoner."[395] **There is a chapter by Oona Sullivan titled "A Bridge to the Addict." This chapter appears as an article titled "The Addict's Fix" in the September 1962 issue of Jubilee. The following is an excerpt from her chapter:** "After withdrawing from the drug in jail or hospital the addict often must return to the same streets where it all began and

1963

DATE	EVENT
1963 **The Addict**	where it is likely to begin again. In 1956 Reverend Norman Eddy and a group of members of the East Harlem Protestant Parish formed a narcotics committee to try to help neighborhood addicts who were trying to stay off the drug. Not only has the work of this committee grown tremendously, but other committees modelled (sic) after it have sprung up in communities throughout New York City and are now joined together in the 'New York Neighborhoods Narcotics Council.' The work of the Parish Committee, as well as other local church and civic groups, is described here by Ooan Sullivan in 'The Addict's Fix,' an informative account of the new grass-roots movement to aid the addict… …Among the Catholics working in narcotics addiction, one of the best known and loved is Father Daniel Egan, a Graymoor Friar who became interested twelve years ago when he discovered that a woman he was trying to help was a heroin addict. To his amazement no hospital would admit her for treatment. He began to read about the effects of various narcotics, what was known medically about treating addiction and the laws governing the illegal sale or purchase of drugs. Gradually he came to know more addicts, mostly women who, he began to feel, were even more pathetic that their male counterparts. For them, the shame of prostitution is often added to the stigma of addiction and jail. Father Egan's regular work in his order is preaching retreats and missions throughout the state. As soon as he gets back to the city he begins his rounds of visiting addicts in hospitals, trying to get others admitted, accompanying addicts to court or to the Department of Welfare, and walking the streets where he knows from experience he will find girls sick, alone, afraid of the police, with no one to turn to. At the House of Detention for Women, where ninety percent of the inmates have some history of drug addiction, Father Egan hears confessions, offers Mass, and talks to the women about staying off drugs and what they will do when they leave jail. He tries to meet as many as he can when, on release, they are turned back in to the streets with twenty-five cents, the City's contribution to their rehabilitation. Sometimes a girl who has no money for food and no room or apartment will return in desperation to prostitution or stealing and almost immediately be arrested again. Tense, frightened, with no place to go they are strongly tempted to take a shot of heroin – getting the money where they can – and forget their troubles. The pusher who will sell them oblivion for a five dollar bill is never far away. Father Egan finds that the hardest thing an addict has to do is to forgive himself for the things he has done to support his habit; women who have been prostitutes find it especially hard. He also insists that that most addicts need a higher motivation than psychiatrists and social workers can give to decide to stop using drugs and to be sustained through the difficult years of abstaining. For their immediate, practical relief when they leave a hospital or prison, Father Egan would like to establish a 'half-way house,' conducted by laymen, preferably a married couple. There women addicts could live for three weeks or a month until they were able to find a job and a room of their own. Right now Father Egan has no money to start a half-way house.

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DATE	EVENT
1963 **The Addict**	Whatever money he receives on retreats and missions for his personal use is doled out a few dollars at a time for emergency help to individual addicts. He also begs what he can from friends and relatives – clothes, cash, even baby carriages – but they are used up almost immediately. Father Egan is helped by a few girls from the Legion of Mary. One of them especially, Jane Carney, has worked with him for years, visiting hospitals and the House of Detention, encouraging addicts who telephone her at the bank where she works or at home. She frequently goes out, even late at night, in response to a call for help from and addict who is sick or discouraged to the point of taking a shot of heroin. Father Egan is chaplain of Narcotics Anonymous (N.A.), patterned after Alcoholics Anonymous and founded in 1948 by Daniel Carlsen, who had been a heroin addict for twenty-five years. Before he died of cancer in 1956, Carlsen, by his courage and perseverance, had been able to inspire many addicts to follow his example. He was helped in large measure by Brigadier Dorothy Berry of the Salvation Army. Through the Army's social welfare department she provided countless addicts and former addicts with food, clothing and shelter; through her constant sympathy and patience, especially in the early days when the police seemed to be the only people interested in addicts, she has helped countless others to start a new life. N.A. has had its ups and downs over the years. It has been hampered by lack of money, places to meet and, particularly in the beginning, by the addicts' fear that police spies or informer would infiltrate their meetings. For a little while a few years ago N.A. had its own headquarter in an old store but, except for a donation from the Catholic Worker which paid the first month's rent, it received no financial support and had to close. Since then N.A. has met in a Salvation Army building and later in the 23rd Street YMCA. Currently N.A. has four meetings a week: at the Y, the House of Detention, and more recently in rooms provided by St. Augustine Episcopal Church and St. John Chrysostom Catholic Church, both in the Bronx. Father Egan hopes to see a chapter started in Brooklyn soon and another priest, Father Andrew Van Groll, a Capuchin, is trying to organize one in Riker's Island prison with the help of N.A.'s present leader, Rae Lopez. Mrs. Lopez began using heroin in 1930 while still in her early teens. She was addicted for nineteen years. Finally with the help of Carlsen and Narcotics Anonymous she stopped using drugs in 1949; with the help of a young seminarian (now a priest) she eventually returned to the Church; the therapy of the sympathetic psychiatrist brought her to a clearer understanding of herself and the things that led her into addiction. Mrs. Lopez was on City relieve for several years (she had numerous physical ailments and besides no one would hire her with her record of addiction and jail sentences), but a year ago she started to work in the office of the Narcotics Coordinator. Her salary is small but she says, ' if they fire me at least I'll have a reference.' Lately Mrs. Lopez has spoken at before gatherings of government and hospital personnel on

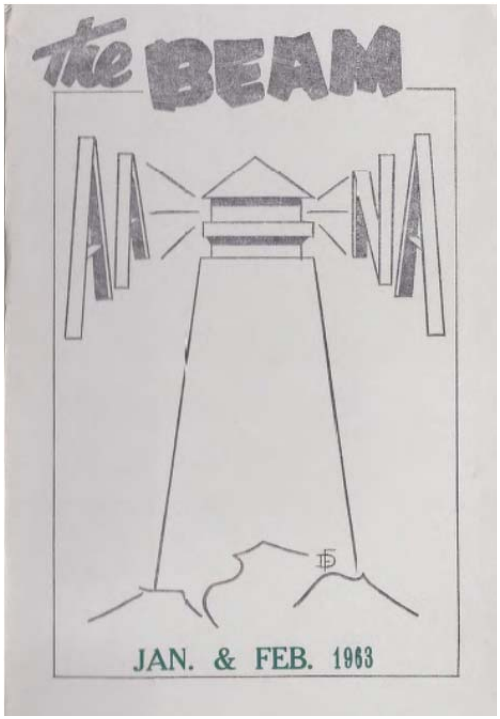
DATE	EVENT
1963 **The Addict**	the narcotics problem and ways to handle it; in August she attended the White house Conference on narcotics addiction, and in a speech delivered there recommended not only half-way houses for men and women addicts returning from hospitals but also camps in a drug-free environment, outside the city, where boys and girls could learn a trade, get used to keeping regular hours, continue psychiatric treatment and learn to use their leisure time constructively. She hopes that city, state and federal aid will eventually make such a camp possible. Meanwhile she continues a rigorous schedule of trying to get addicts into hospitals, attending N.A. meetings and advising those who want to start new chapters. As concerned about narcotics addiction has grown, N.A.'s open meetings have been visited by priests, ministers, social workers and nurses trying to learn about addiction, and lately an occasional politician looking for votes on the promise of supporting legislation helpful to addicts. Sometimes addicts from New Jersey come to New York meetings; they are usually accompanied by Father Leonard Spanburg who, while helping juvenile delinquents, began to realize that a growing number of adolescents were taking heroin for thrills and were becoming addicted. He hopes that New Jersey's Carmel Guild, a Catholic group noted for its programs for the blind, the deaf and alcoholics, will eventually offer similar assistance to narcotics addicts… …One of the hospital's most loyal defenders, however, is Father Archangel Sica, O.F.M., its Catholic chaplain. He and Riverside's administrators maintain, reasonably, that no amount of hospital care will have any permanent effect as long as the boys return to their old neighborhoods where heroin is easy to buy and where they are left to their own devices with no community services or supervision to help them staff off drugs. Father Archangel isn't permitted to proselytize on the island but he tries to give any of the boys and (while the hospital is still admitting them) girls who come to him a sense of their own dignity and worth, a sense of purpose and meaning and a feeling of responsibility for their actions. He also offers them the Mass, the sacraments and confession as tangible aids to changing and strengthening their lives. He is regularly helped by a group of lay people (including Father Egan's father) who teach catechism and try to make friends with the boys… …At present Protestants, Catholics and Jews are working together in a remarkable spirit of harmony and generosity, united in what Father Egan calls 'our small ecumenism' by their love and concern for the addict and possibly by a kind of quiet desperation because they have found so few people of whatever religion willing to help…"[396]

1963

DATE	EVENT
1963	West Coast NA has 5 meetings by end of year[397]
1963	First H & I meeting held in Tahachapi State Penitentiary[398]
1963	"Another Look" written by Jimmy K.[399]
January 1963	**Directory of Narcotics Addiction Service Agencies:** New York City Department of Health Office of Narcotics Coordinator 325 Broadway New York 7, N.Y. Prepared by the Research Unit on Narcotics Addiction Narcotics Anonymous, c/o Y.M.C.A., 215 W. 23rd Street, New York City, CH 3-1892 Mrs. Rae Lopez, Executive Secretary Fellowship House, 836 E. 165th Street, Bronx, New York, DA. 3-7253 c/o St. John Chrysostom's 985 E. 167th Street at Hoe Avenue, Bronx, N.Y. DA. 9-6121 Type of Facility: Non-profit therapeutic group Eligibility: No age, sex, or residence requirements. Applicants need only have a desire to stop drug us Services: Group discussion, counseling and referral, informational. Referral Sources and Admission Procedure: All referrals accepted. Attend meeting and see Chairman (open meetings; Wednesday 9-10:30 P.M., 215 West 23rd Street). No waiting period. No restriction on length of service. Fee: None. Group financed through collections at meetings, benefits and contributions. Staff: Chaplain, 1 professional worker, 2 voluntary workers.[400]

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DATE	EVENT
January 1963	***The Beam* magazine, published by The Lighthouse Group (Alcoholics Anonymous) at Branch Prison in Marquette, Michigan, includes a page on The Paragon Group:** "The Paragon Group of Narcotics Anonymous is an informal society of former addicts who aim to help fellow sufferers recover their health. Banded together as a group, we aim to help fellow users recover health. Not being reformers, we offer our experience only to those who want it. There are no fees – N.A. is an avocation. Each member squares his debt of gratitude by helping other addicts to recovery. In so doing he maintain his own freedom from the drug habit. Narcotics Anonymous is patterned after Alcoholics Anonymous. We believe that alcoholism and addiction are basically the same and have found that the A.A. program can be applied to our problem. Just ask a member of the AA will tell you, "only an ex-alcoholic can truly help the sick alcoholic. So we have learned that only an ex-addict can fully help the addict.[401] 
Jan. 23, 1963	County of Los Angeles Sheriff's Dept. From: W. D. Allsop, Captain Special Services Detail To: K. V. McLaughlin, Chief

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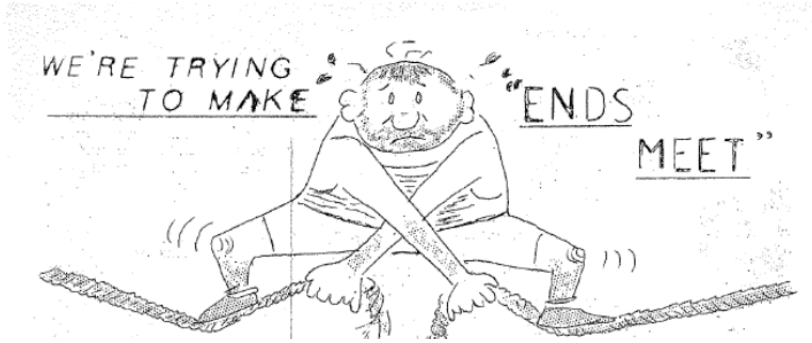
1963

DATE	EVENT
Jan. 23, 1963	Corrections Div. Subject: Detention Camp #13 – Alcoholics Anonymous Meeting. January 23, 1963, undersigned was advised by Sergeant Buma, Detention Camp 13, that two members of A.A. Group which regularly visits that Camp had not been conducting the inmate meetings in line with the policies of this Division. January 23, 1963, Lieutenant Seltzer went to Dention Camp 13, and met with Sergeant Buma. Sergeant Buma stated that 'The Hermosa Stag Group of A.A.' usually held a meeting at the Camp once each month. The chairman of the group is Jack W. Their last meeting was held at the Camp on January 22, 1963. At the conclusion of this meeting several inmates informed Sergeant Buma that Jack W. and a Mr. P. of the A.A. Group had discussed many subjects in a negative manner which perturbed numerous inmates at the camp. Lieutenant Seltzer questioned several of the inmates who were present at the January 22nd meeting. The following is a brief synopsis relative to Mr. P.'s discussion. 1. Attending church doesn't do anyone any good. 2. He refers to several inmates as 'hypes' 3. He said he left $3 for an inmate so when he gets out he can buy some narcotics. 4. He stated that the inmate's wives are whores and are 'shacking up' with other men while they are in jail. 5. The County Jail serves slop and mush. You should go to a Federal Joint and do your times as they serve you steaks. 6. His language is extremely vulgar. 7. When you get out, you better be careful, because you don't know what kind of disease you will get from your wives.

1963

DATE	EVENT
Jan. 23, 1963	The inmates interviewed feel that Mr. P.'s attitude towards them is comparable to what he might feel towards animals. That he is going to be a bad influence on younger inmates because of statements like, 'I take a shot in the arm and put Max Factor make-up over the marks so the cops can't find them.' The inmates have stated that if Mr. P. is allowed to continue, he will start a riot. With reference to Mr. Jack W. He is described as chairman of the group. 1. He appeared to be intoxicated at the Inmate Christmas Party. 2. He talks almost entirely about narcotics. 3. His language is extremely vulgar. 4. He stated that your wives come up to visit you and probably leave their boy friends (sic) in the car down the road from the Camp. The inmates feel that Mr. W. is not as serious a problem as Mr. P. However, it should be noted that his behavior is not commensurate with the policies of this Division and further that he, being the chairman of the group, should not allow Mr. P. to continue as described above. Mr. W.'s behavior is not what it should be as an official representative of Alcoholics Anonymous. Mr. Jack P. of the Alcoholics Anonymous Institutional Committee, was advised of content of this report. Mr. P. stated that this Department can be assured that Mr. W. and Mr. P. will no longer be allowed to conduct any type of A.A. meeting in, or out of Institutions as of this date."[402] **The following supplemental information is from *My Year's With NA*:** "In the summer of 1961, Jack W. found his way to NA. He lived in El Segundo, some distance from the NA meeting, but he became a regular anyway. Jack had been in his share of institutions, and arrived after becoming 'sick and tired of being sick and tired.' He had a strong commitment to addicts in institutions and was an active participant in the AA Institutions Committee. Although he went into institutions as a member of AA panels, he is reported to have more often spoken of his

1963

DATE	EVENT
Jan. 23, 1963	drug use than simply his alcohol use. Jack was a little 'pig headed' about the matter and ignored any criticism from his AA friends. After awhile (sic) Jack brought along one of his friends named Phil P., whom everyone called 'Slick Phil.' Although Jack W. had been going to AA in addition to NA, his heart was with NA. But NA didn't have an institutions committee, so he participated in the AA committee where he could still talk to "his kind of people" about recovery. While going on these panel meetings, he had become friends with Chuck S. and it happened that they both lived in the south bay area. Jack knew Chuck belonged in NA and badgered him for a long time about it. As it turned out, AA it wasn't quite doing for Chuck what he needed, so he finally gave in and went. This time he got something out of it and began attending regularly. Not long afterward, they and Slick Phil started their own NA meeting so they would have one in their area. This meeting, at Eleventh and Rowell in Manhattan Beach, is probably the oldest continuous meeting in the fellowship, and is still held in the same church facility." p. 78"[403]
February 12, 1963	**The following excerpt is from an Alcoholics Anonymous newsletter in southern California:** "…One of the finer methods of brining the broken rope-of-understanding together again has been to instigate the panel dinners. This brings all of the panel members of a specific institution together to discuss the entire program of that facility. Usually one of the representatives from the facility is present to speak for the institution. So far three such meetings have been held with some very wonderful results being obtained.  The latest of these dinner meetings was held at Chris' & Pitts in Whittier on Tuesday February 12 with the entire panel in attendance. Will M. Chairman had invited Rev. Fred Tracey, the inside AA sponsor, to attend and he did along with Co-Director O.B.C., Panelboard (sic) Chairman Dave N., Area Coordinator Jack B., Jack P., Panel members 'Wag' W., Gil A., Ralph S., George M. These men make up the panel serving the NARCO facility Work Crew meeting (NOT to be mistaken for any program for the 'N' number inmates)."[404]

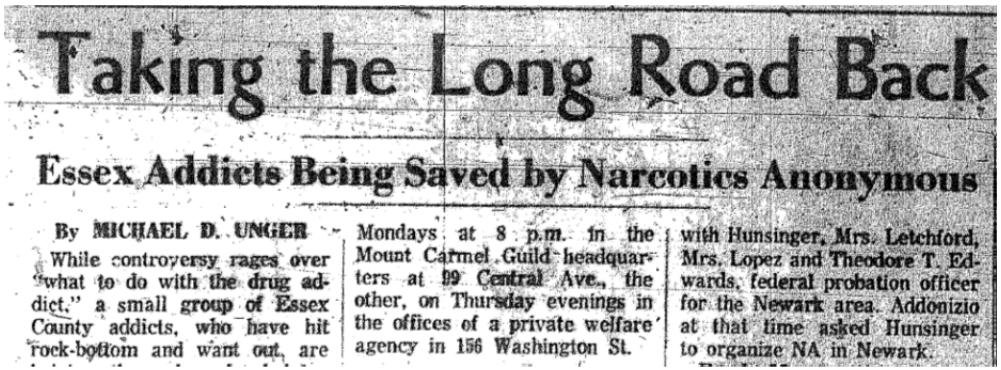
1963

DATE	EVENT
Feb. and April 1963	**The following question is posed in "Group Problems Anybody?" section of the February issue of the *AA Exchange Bulletin*:** "Yes, groups do have problems. The daily flow of mail at G.S.O. (over 50,000 pieces annually) usually includes at least one meaty problem. Can we – in the light of what we learn about other groups and the Traditions – help with a clean-cut solution? Two such problems recently received: (1) A drug addict with no alcoholic problem had approached a local group for help. (2) A group member was driving new people away with his bossy attitude. Who would like to take a crack at either #l or #2? What group has had experience with either problem? We'll print the most helpful answers in an early Bulletin. Please give us a hand in sharing."[405] **The following response was printed in the "Sharing Our Experience" section of the April issue of the *AA Exchange Bulletin*:** "The February issue posed some questions about group problems. We have received some thoughtful replies. The letters that referred to the problem of the drug addict, a non-alcoholic, who had approached the local group for help, were almost unanimous in their feeling that such a person should be made to feel welcome to the group; but hat Bill's article on this problem which appeared in the February 1958 issues of the 'Grapevine' be kept in mind. The article was called 'Problems Other than Alcohol,' Bill states: 'There is no possible way to make non-alcoholics into A.A. members. We have to confine our membership to alcoholics and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse we can't help anyone.'

1963

DATE	EVENT
Feb. and April 1963	Later he says, 'We cannot give A.A. membership to non-alcohol narcotic addicts. But like anyone else they should be able to attend certain open A.A. meetings, provided, of course, that the groups themselves are willing.' Several Narcotics Anonymous groups hold regular meetings. One suggestion offered was that the addict try to find another addict to help and form such a group, using our A.A. principles as a guide. There were also letters that cited instances of addicts who had been helped through A.A. and who had recovered with the help of an A.A. group. To sum up: the Steps of A.A. can be used, and have been used, to help people with other problems. They are, of course, freely offered to anyone who can use them as an aid to recovery. In general, however, experience has shown that to be effective, A.A. must 'stick to its last' – that of helping the alcoholic."[406] **(Author's note: Not coded. No indications to determine if reference is to early NY NA or today's NA)**
March 29, 1963	**The following article by Michael D. Unger, "Taking the Long Road Back – Essex Addicts Being Saved by Narcotics Anonymous," appears in the *Newark Evening News*:** "While controversy rages over 'what to do with the drug addict,' a small group of Essex County addicts, who have hit rock-bottom and want out, are helping themselves by helping each other. All have had their brushes with the law; most have received more than one prison sentence on narcotics charges. All have run the gamut from cough syrup, barbiturates (goofballs) and amphetamines (Bennies and 'pep pills'), through marijuana, to 'mainlining it' with heroin, opium or morphine filled hypodermic needles. On the premise that 'junkies' and alcoholics have the same basic personality problems, these addicts have formed two Narcotics Anonymous chapters in Newark. 'If an addict decides he doesn't want to take another fix for one day – and we do it one day at a time here – we can help him, and in turn, he helps us,' explained Bill, who at 29 is one of Newark's NA's 'leaders.' 'Some of us have been

1963

DATE	EVENT
March 29, 1963	

Taking the Long Road Back

Essex Addicts Being Saved by Narcotics Anonymous

By MICHAEL D. UNGER

While controversy rages over "what to do with the drug addict," a small group of Essex County addicts, who have hit rock-bottom and want out, are Mondays at 8 p.m. in the Mount Carmel Guild headquarters at 99 Central Ave., the other, on Thursday evenings in the offices of a private welfare agency in 156 Washington St. with Hunsinger, Mrs. Letchford, Mrs. Lopez and Theodore T. Edwards, federal probation officer for the Newark area. Addonizio at that time asked Hunsinger to organize NA in Newark.

fortunate enough to make it – I've been doing it for quite a few 24 hours now.' Bill has been 'clean' for the last 3 ½ years.

Of the some 35 members in both NA chapters, eight to 10 addicts have been able to remain 'clean' after detoxification, the drying-out period.

The addicts who slip back into their old habits, literally, often remain with NA to try to stay 'clean.' When an addict feels the need to take a 'joy pop,' that first fix, he will phone his friends in NA and ask them to stay with him. Often, their efforts to head him over the 'rough spots' – are more successful; often, they are not.

Addicts are not allowed to enter NA meetings if they are under the influence of narcotics; they cannot become NA members until they are 'clean.' Then their emotional barriers to rehabilitation are tackled, a task which will take their entire lifetime. Many will not make it.

Little publicized since its beginnings in 1948, NA is an informal association of addicts who practice the AA system of group therapy.

Probing questions, criticism and evaluation by other NA addicts turn up any insincerity in an addict's desire to give up drugs. Essential to the program's success is that total anonymity be maintained, allowing members to feel secure enough to be completely honest with each other – and themselves.

'As far as I'm concerned,' said another NA addict who dropped his habit through AA 'the results of alcohol and drugs on the system are actually the same. It's torn down to where there is a physical, mental and emotional dependency.'

1963

DATE	EVENT
March 29, 1963	One Newark chapter meets Mondays at 8 p.m. in the Mount Carmel Guild headquarters at 99 Central Ave, the other, on Thursday evenings in the offices of a private welfare agency in 156 Washington St. 'They help me to stay straight and keep away from that first shot,' is how Harry a 25-year-old Newark addict describes NA. "They' are the 20 to 30 addicts who show up regularly at both NA meetings. Most are men in their early 20s. There are a few girls and several older men in NA. There are no teen-agers in NA. Members do not feel younger addicts are either mature enough or have the desire to stop taking drugs, because they have not yet reached 'the end of the line' that comes with being 'strung out' on narcotics for long periods of time. They have all reached 'the end of the line' and are trying to rehabilitate themselves in the only way that has been offered to them – after forced or voluntary 'drying-out' periods in prisons, mental wards or in their own rooms behind locked doors, resulted in the re-addiction. A number of NA members are also alcoholics. NA uses the 12 basic steps of AA, substituting the word, 'drugs' for 'alcohol' in each case. The AA credo is repeated at the start and close of each meeting. Although NA members believe in 'a Power greater than ourselves,' and hold their meetings in religious institutions, 'it is not a religious organization,' members maintain. 'It is spiritual, but not religious.' Prayers are non-denominational. NA was started by a 42-year-0ld addict named Dan Carlsen, whom doctors believed to be beyond rehabilitation, after completing his eighth 'cure' in the federal narcotics hospital at Lexington, Ky. When Carlsen died in 1956, Mrs. Rae Lopez became the successor. Mrs. Lopez had used drugs for 19 years before quitting for good 13 years ago. There are NA chapters also in Hackensack, Passaic and Jersey City. Chapters soon will be organized in New Jersey have been attempted before, in Newark in 1953, and in Morris County in 1951. Neither was successful.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1963

DATE	EVENT
March 29, 1963	NA in Newark was organized successfully last December by Gilbert Hunsinger, executive director of the Council of Social Agencies, and Mrs. Mary Letchford, director of social service for the Mount Carmel Guild. Msgr. Joseph A. Dooling, director of the guild, and Rev. Edd Payne of the House of Prayer, assented to using those institutions for meetings. The NA chapters in Newark had been given a 'green light' earlier in August when Mayor Hugh H. Addonizio, Police Director Dominick Spina and other city officials conferred with Hunsinger, Mrs. Letchford, Mrs. Lopez and Theodore T. Edwards, federal probation officer for the Newark area. Addonizio at that time asked Hunsinger to organize NA in Newark. Frank Manto, job counselor with the N.J. State Employment Service in Newark, became instrumental in finding work for NA members, many of who are high school dropouts. Msgr. Dooling assigned Rev. Joseph P. DiPeri, a 33-year-old parish priest, to work with NA members at the Monday meetings. The courts can and do commit addicts to mental institution such as Greystone Park State Hospital, Essex County Hospital and Ward 18 in the basement of Newark City Hospital during withdrawal from drugs. Bu the hospitals do not like to take the addicts and the addicts do not like to be placed among psychiatric patients. The members of NA in Newark are a vocal group. Many are extremely intelligent and outspoken when given the opportunity. And they are assuming responsibility for themselves, their problems and each other. 'I belong to a fellowship that I want to belong to,' declared Eddie, who began smoking marijuana when he was 14. Eddie, who is 23, became an NA member after he was, 'clean' for more than two years. 'We all have the same thing in common. We're still drug addicts – the only difference is, we are arrested drug addicts, not active drug addicts. And for me, this is a common bond – I'm understood in NA: I'm socially accepted. This is a great thing for me.'"[407]
April 7, 1963	**This article from the *New York Times* focuses on the "upswing" of "special-purpose organizations":** "Most new groups have a specific aim and go directly to the point. Take, for instance, the problem clubs, composed of people with a common difficulty who attempt to work it out by group therapy. Based on the success of the pioneer Alcoholics Anonymous, there are now Addicts Anonymous, Divorcees Anonymous, Gamblers Anonymous and Suicides Anonymous (better known as Rescue, Inc.)"[408]

1963

DATE	EVENT
Spring 1963	**The following appears in the Spring issue of *The Key*:** "The History of Addicts Anonymous  One snowy morning in mid-February, 1947, four men drove many miles across the state of Kentucky to Lexington----and God rode with them. They stopped at the gate house of the United States Public Health Service Hospital, and the guard permitted them to proceed up the long curving driveway to the main building called 'Narco' by the patients. That afternoon a small group gathered with them in the Chapel and Addicts Anonymous was born. These four pioneers were members of Alcoholics Anonymous, Frankfort, Kentucky chapter. They were more than pioneers—they were pilgrims and crusaders. They brought with them the most powerful of all curatives, hope and faith. To the hundreds of drug addicts hospitalized at 'Narco,' they offered a new and better way to live. Their message and their creed had worked for them and they reasoned it should also work for us. For, they thought, are not our basic problems the same? Do not many of the factors contributing to alcoholism also cause drug addiction? They were right of course and we of the Lexington chapter of Addicts Anonymous often wonder why these four good men took so long in getting here.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1963

DATE	EVENT
Spring 1963	Membership grew slowly at first, but when Christmas time came there were over forty members. By the latter part of January membership was still increasing. In every hospital ward A.A. was the topic of conversation. The secretary had contributed weekly articles to the hospital newspaper and to keep abreast to the demand for the Gospel as taught by A.A., mimeographed forms were distributed each week. Hospital officials, recognizing the merit, the great potential good of A.A., have cooperated splendidly with this new movement, and did all they could to help the program progress. At this time, February, 1963, the Addicts Anonymous movement is sixteen years old. It is difficult to estimate how many people have been helped through this program. However, the membership receives letters daily from people who are now free of drugs and give all credit to the A.A. movement. At the beginning of our seventeenth year of organization we still are fortunate to have our original sponsor with us. He has taken many pains with this program has done good for the addict that can not (sic) be weighed by any scales on this earth. He claims that he derives more benefit than he gives by helping others. You have the undying gratitude of hundreds of us that you have helped, and Addicts Anonymous thanks you from the bottom of their hearts, Mr. Houston S."[409] **Also, Jim M., along with Houston S. and Sterling S. are listed as sponsors in this issue of The Key. The following excerpt is from an undated talk by Jim M. at the First Anniversary Group of Crossville, TN:** "I love institution work. I work with the fellas out there at the Narcotic Hospital, and of course you know that's a maximum security federal penitentiary, where our good friend Sam is…And there is a little bit of good in everybody and if you will cultivate that little bit of good you will find a lot of good in them and a lot of God in that man. I think this is one

DATE	EVENT
Spring 1963	 reason why I like the challenge of working with the dope fiends. You don't have many successes, but occasionally you do have one. And you know to most people a dope fiend is a dirty word. To most alcoholics I find they don't want dope friends around…Let me tell you something. There is not an alcoholic in this room that if sometime when we were in our worst, or nearly our worst places, when we were chinning the commode or leaning on the porch post that's not there. If somebody would of come along and said 'here let me give you a little shot of this Demerol or Dilaudid or something, we would have taken it. We would have been looking for that man or that person next time. But for the Grace of God, a lot of us, we didn't have to go through the hell that the dope fiend suffers. And when a dope fiend comes to your AA group, welcome him. Because the problem is not the same, but the answer is the same. AA will work for the dope fiend."[410]
May 20, 1963	Letter to the Honorable James R. Dumpson, Commissioner Department of Welfare – New York, New York from Catherine B. Hess, M.D. – Narcotics Coordinator Assistant Commissioner recommending invitations to the coming meeting of the President's Commission on Narcotics in New York on June 3 & 4, 1963. The letter includes Mrs. Rae Lopez (Narcotics Anonymous) and the following information: "Narcotics Anonymous – A non-profit therapeutic group working with addicts of both sexes who desire to stop drug use. Services include group discussion and referral for hospitalization. Separate meetings held for addicts, families of addicts, and former addicts who have been free of drug usage for long periods of time."[411]

The KEY

God grant me the SERENITY TO ACCEPT the things I cannot change COURAGE TO CHANGE the things I can and WISDOM TO KNOW the difference

Vol. XVI, No. 1 Lexington, Kentucky Spring, 1963

AA Coordinator
Clarence E. Morgan
Sponsors- Houston S.,
Jim M., Sterling S.
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Secretary, Milton F.
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James B.
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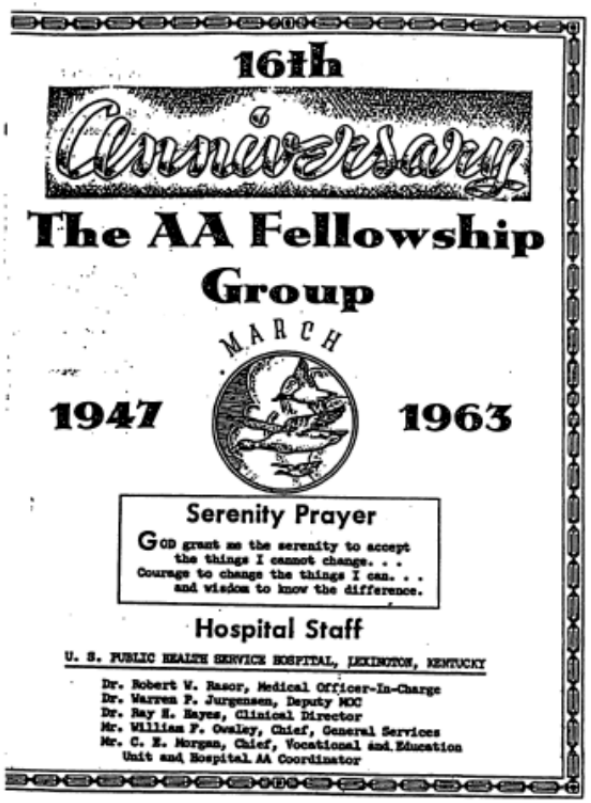
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The Key is a Bi-monthly publication by and for AA members here and everywhere. Permission is hereby given to use any material herein contained provided proper source credit is given. The opinions expressed are not necessarily those of the Administration, and are not to be in any way construed as such. Instead, this is an honest attempt to exchange helpful information and ideas with other institutions in order to promote better understanding of a common problem, and thus,more efficiently combat the disease of addiction. All material submitted is subject to editing. Address correspondence to--Editor, The Key. Box 2000, Lexington, Kentucky.
Editor-Earl A. Artist-James H. Co-Editor Weldon B.

1963

DATE	EVENT
Summer 1963	Houston S., Jim M. and Sterling S. are listed as sponsors of the Addicts Anonymous group in the Summer issue of *The Key*.[412]



16th

Anniversary

The AA Fellowship Group

MARCH

1947 1963

Serenity Prayer

GOD grant me the serenity to accept the things I cannot change. . . Courage to change the things I can. . . and wisdom to know the difference.

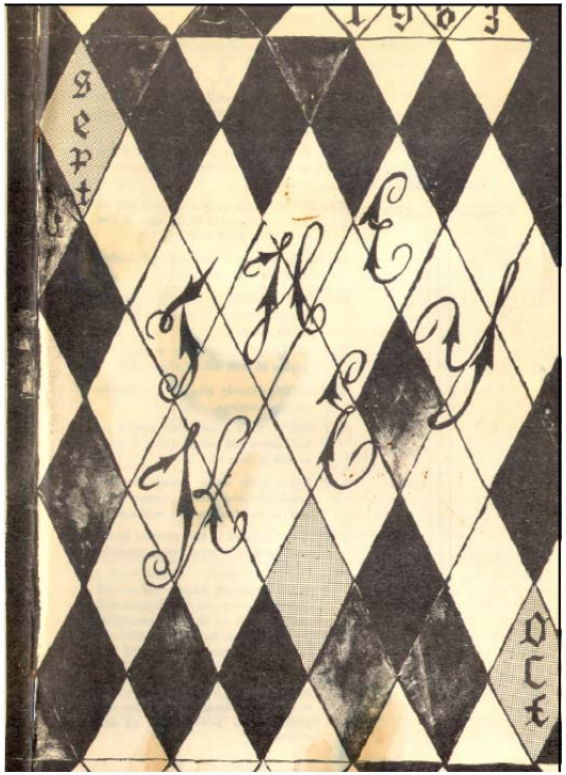
Hospital Staff

U. S. PUBLIC HEALTH SERVICE HOSPITAL, LEXINGTON, KENTUCKY

Dr. Robert W. Rasor, Medical Officer-In-Charge
Dr. Warren P. Jurgensen, Deputy MOC
Dr. Ray H. Hayes, Clinical Director
Mr. William F. Owsley, Chief, General Services
Mr. C. E. Morgan, Chief, Vocational and Education Unit and Hospital AA Coordinator

(Author's Note: The cover lists "March" while the masthead lists "Summer." There is a previous issue listed as "Spring." It is assumed that "March" is a typo.)

1963

DATE	EVENT
Autumn 1963	Houston S., Jim M. and Sterling S. are listed as sponsors of the Addicts Anonymous group in the Autumn issue of *The Key*.[413] 

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1963

DATE		EVENT
Nov.	**1963**	**The following excerpt is from Exhibit No. 4 – Facilities Providing Services for Narcotics Users November 1963. This exhibit is part of the January 25, 1966 Statement of Hon. Nicholas deB. Katzenbach, Attorney General of the United States; Accompanied by Myrl E. Alexander, Director of Prisons, Department of Justice, which is contained in The Narcotic Rehabilitation Act of 1966, Hearings Before a Special Subcommittee of the Committee on the Judiciary, United States Senate, Eighty-Ninth Congress, Second Session:** "Narcotics Anonymous California Correctional Training Facility, Soledad Terminal Island Correctional Institution Terminal Island Michigan Marquette Prison, Marquette Jackson Prison, Jackson Nevada Reno State Prison (Reno) New Jersey Chapters in Hackensack: Newark (2 chapters) Passaic Jersey City (to be established) Union City (to be established)"[414] New York New York City chapters: % YMCA, 215 West 23d Street, New York City % St. John Chrysostom's, 985 East 167th Street at Hoe Avenue, Bronx % Fellowship House, 836 East 165th Street, Bronx Washington Camp Narcotic Group, Stellacoom Chapter also in Walla Walla
Nov. 6,	**1963**	"Narcotics Anonymous was started in Cleveland on November 6, 1963, sponsored by The Salvation Army Harbor Light Center." "The meetings were scheduled weekly and ran from 7:30 p.m. until they closed, often lasting until after midnight."[415] The group "…held meetings for about one year. At the end of the year it was decided by the group to suspend their meetings as no new addicts were coming to the meetings."[416]

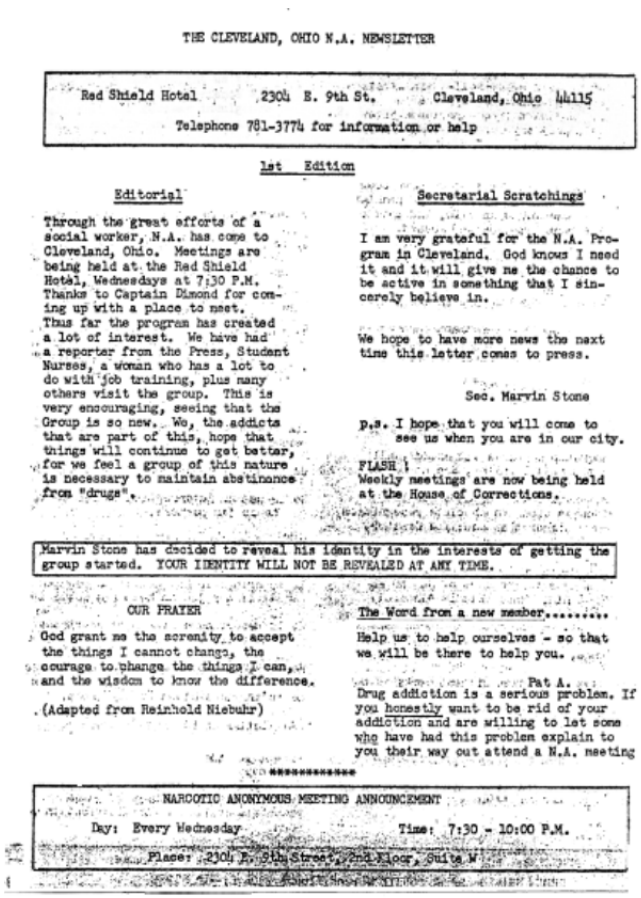
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Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1963

DATE	EVENT
November 13, 1963	Houston P. S., Alcoholics Anonymous member who helped start and support Addicts Anonymous, passes away.[417] 

1963

DATE		EVENT
Between Nov. 1963	**& Jan. 1964**	There are two undated newsletters for the Narcotics Anonymous group held at the Salvation Army in Cleveland, OH.



THE CLEVELAND, OHIO N.A. NEWSLETTER

Red Shield Hotel 2304 E. 9th St. Cleveland, Ohio 44115

Telephone 781-3774 for information or help

1st Edition

Editorial

Through the great efforts of a social worker, N.A. has come to Cleveland, Ohio. Meetings are being held at the Red Shield Hotel, Wednesdays at 7:30 P.M. Thanks to Captain Dimond for coming up with a place to meet. Thus far the program has created a lot of interest. We have had a reporter from the Press, Student Nurses, a woman who has a lot to do with job training, plus many others visit the group. This is very encouraging, seeing that the Group is so new. We, the addicts that are part of this, hope that things will continue to get better, for we feel a group of this nature is necessary to maintain abstinance from "drugs".

Secretarial Scratchings

I am very grateful for the N.A. Program in Cleveland. God knows I need it and it will give me the chance to be active in something that I sincerely believe in.

We hope to have more news the next time this letter comes to press.

Sec. Marvin Stone

p.s. I hope that you will come to see us when you are in our city.

FLASH !
Weekly meetings are now being held at the House of Corrections.

Marvin Stone has decided to reveal his identity in the interests of getting the group started. YOUR IDENTITY WILL NOT BE REVEALED AT ANY TIME.

OUR PRAYER

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

(Adapted from Reinhold Niebuhr)

The Word from a new member.....

Help us to help ourselves - so that we will be there to help you.

Pat A.

Drug addiction is a serious problem. If you honestly want to be rid of your addiction and are willing to let some who have had this problem explain to you their way out attend a N.A. meeting

NARCOTIC ANONYMOUS MEETING ANNOUNCEMENT

Day: Every Wednesday Time: 7:30 - 10:00 P.M.

Place: 2304 E. 9th Street, 2nd Floor, Suite W

1st Edition

Editorial

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Flash

3 6 7				
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	Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1963

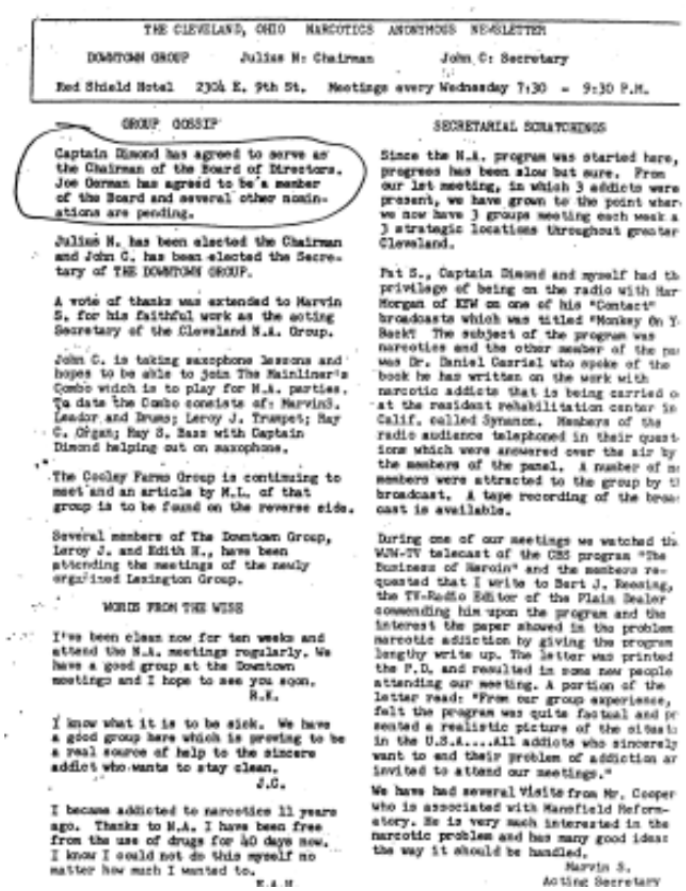
DATE		EVENT
Between Nov. 1963	**& Jan. 1964**	Weekly meetings are now being held at the House of Corrections. "Marvin Stone has decided to reveal his identity in the interests of getting the group started. YOUR IDENTITY WILL NOT BE REVEALED AT ANY TIME." Membership of N.A. Groups Membership of our groups consists entirely of former addicts whose self-administration of addicting drugs has brought us to disaster. We learn from experience after withdrawal, that any further indulgence constitutes a totally undesirable and hopeless way of life. We have come to believe that we have been trying to substitute our addiction phantasy for real achievements in life, and that our effort has been hopeless and absurd. The first and most essential step is HONESTY: Personal and intellectual. We must realize that we are in the grip of a progressive EMOTIONAL AND PHYSICAL illness which, unless active treatment such as is afforded by the N.A. program is undertaken, steadily grows worse, never better. The core of the technique by which N.A. has worked is spiritual. IT IS SPIRITUAL, NOT RELIGIOUS The membership embraces all creeds, all denominations, all faiths, and no faiths. This universal belief depends for its effectiveness upon the absolute recognition of a power higher than man: The Creator, the Creative Spirit over all. We make a decision to turn our will and our lives over to the care of God AS WE UNDERSTAND HIM. When this is sincerely done, and the further suggested steps carried out, we undergo a profound mental and emotional change common to religious experience. We believe that faith without works is dead. We believe that our permanent abstinence depends on our willingness to remain spiritually alive.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1963

DATE		EVENT
Between Nov. 1963	**& Jan. 1964**	None of us claims perfect adherence to these principles or guides to progress and we claim spiritual progress rather than spiritual perfection. Our Desire (from the Newsletter of Fellowship House Chapter of N.A. New York City) 1. To further our study by expression in words and deeds our interpretations of the Thirteen Steps. 2. To acquaint our friends with our group therapy activities as prescribed by N.A. 3. To carry the N.A. message to other addicts who have a sincere desire to know a better way of life. 4. To carry, upon request, the N.A. message to those who are in need, and who are unable to make meetings due to their locations or to shut-ins everywhere. 5. To acquaint the public to the various causes of human behavior found in the addicts, and the seriousness of the disease of addiction. The New Member The New Member is the most important person in our group. He is not dependent on us, we are on him. He is not an interruption to our work; he is its purpose. He is favoring us when he calls on us for help. If he brings up his Addiction problem it is our job to help him solve it. He is deserving of the most courteous and attentive help. He is a constant reminder of our problems. He is the Life Blood of any group. (Newsletter of Fellowship House Chapter of N.A. New York City) Except for the above all material on this page has been adapted from the pamphlet OUR WAY OF LIFE: An Introduction to N.A. We hope to have a supply of these pamphlets available for distribution soon.[418]

1964

DATE		EVENT
1963/1964		NA Board of Trustees established[419]
After Jan. Cleveland	**1964**	The 2nd undated newsletter for the Narcotics Anonymous group held at the Salvation Army in Cleveland, OH. 

THE CLEVELAND, OHIO NARCOTICS ANONYMOUS NEWSLETTER

DOWNTOWN GROUP Julius N: Chairman John C: Secretary

Red Shield Hotel 2304 E. 9th St. Meetings every Wednesday 7:30 - 9:30 P.M.

GROUP GOSSIP

Captain Dimond has agreed to serve as the Chairman of the Board of Directors. Joe German has agreed to be a member of the Board and several other nominations are pending.

Julius N. has been elected the Chairman and John C. has been elected the Secretary of THE DOWNTOWN GROUP.

A vote of thanks was extended to Marvin S. for his faithful work as the acting Secretary of the Cleveland N.A. Group.

John C. is taking saxophone lessons and hopes to be able to join The Mainliner's Combo which is to play for N.A. parties. To date the Combo consists of: Marvin S. Leader and Drums; Leroy J. Trumpet; Ray C. Organ; Ray S. Bass with Captain Dimond helping out on saxophone.

The Cooley Farms Group is continuing to meet and an article by M.L. of that group is to be found on the reverse side.

Several members of The Downtown Group, Leroy J. and Edith H., have been attending the meetings of the newly organized Lexington Group.

WORDS FROM THE WISE

I've been clean now for ten weeks and attend the N.A. meetings regularly. We have a good group at the Downtown meetings and I hope to see you soon.
N.N.

I know what it is to be sick. We have a good group here which is growing to be a real source of help to the sincere addict who wants to stay clean.
J.C.

I became addicted to narcotics 11 years ago. Thanks to N.A. I have been free from the use of drugs for 40 days now. I know I could not do this myself no matter how much I wanted to.
N.A.N.

SECRETARIAL SCRATCHINGS

Since the N.A. program was started here, progress has been slow but sure. From our 1st meeting, in which 3 addicts were present, we have grown to the point where we now have 3 groups meeting each week at 3 strategic locations throughout greater Cleveland.

Pat S., Captain Dimond and myself had the privilege of being on the radio with Mar Morgan of KEW on one of his "Contact" broadcasts which was titled "Monkey On Y Back" The subject of the program was narcotics and the other member of the pa was Dr. Daniel Casriel who spoke of the book he has written on the work with narcotic addicts that is being carried o at the resident rehabilitation center in Calif. called Synanon. Members of the radio audience telephoned in their questions which were answered over the air by the members of the panel. A number of n members were attracted to the group by t broadcast. A tape recording of the broa cast is available.

During one of our meetings we watched th WJW-TV telecast of the CBS program "The Business of Narcotics" and the members re-quested that I write to Bert J. Reesing, the TV-Radio Editor of the Plain Dealer commending him upon the program and the interest the paper showed in the problem narcotic addiction by giving the program lengthy write up. The letter was printed the P.D. and resulted in some new people attending our meeting. A portion of the letter read: "From our group experience, felt the program was quite factual and pr sented a realistic picture of the situati in the U.S.A....All addicts who sincerely want to end their problem of addiction ar invited to attend our meetings."

We have had several visits from Mr. Cooper who is associated with Mansfield Reform-atory. He is very much interested in the narcotic problem and has many good ideas the way it should be handled.

Marvin S.
Acting Secretary

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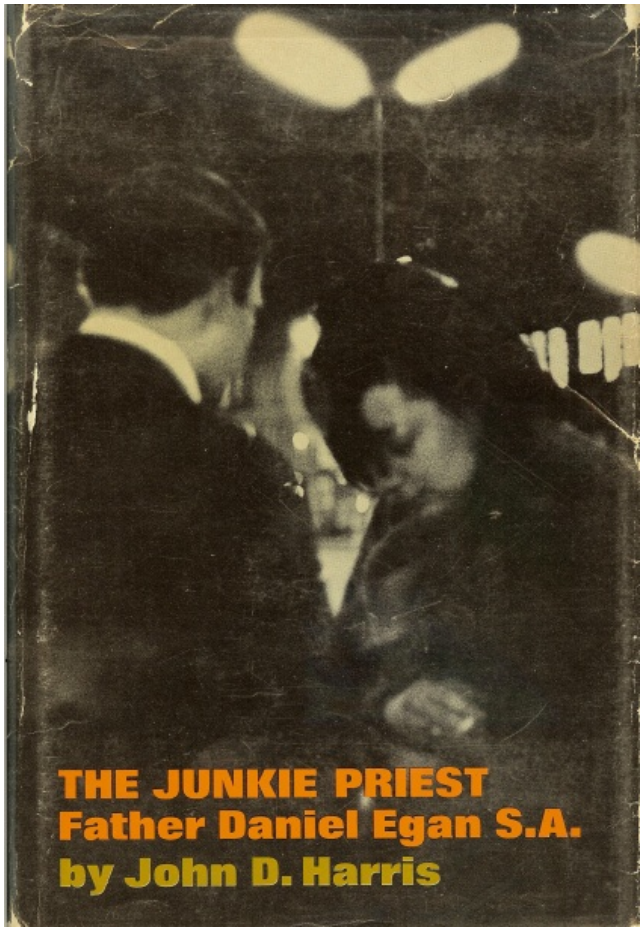
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Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1964

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After Jan. Cleveland	**1964**	WORDS FROM THE WISE I've been clean now for ten weeks and attend the N.A. meetings regularly. We have a good group at the Downtown meetings and I hope to see you soon. R.K. I know what it is to be sick. We have a good group here which is providing to be a real source of help to the sincere addicts who wants to stay clean. J.C. I became addicted to narcotics 11 years ago. Thanks to N.A. I have been free from the use of drugs for 40 days now. I know I could not do this myself no matter how much I wanted to. E. A. H. Secretarial Scratchings Since the N.A. program was started here, progress has been slow but sure. From our 1st meeting, in which 3 addicts were present, we have grown to the point where we now have 3 groups meeting each week at 3 strategic locations throughout greater Cleveland. Pat S., Captain Dimond and myself had the privilege of being on the radio with Harry Morgan of KYW on one of his 'Contact' broadcasts which was titled 'Monkey On Your Back!' The subject of the program was narcotics and the other member of the panel was Dr. Daniel Casriel who spoke of the book he has written on the work with narcotic addicts that is being carried on at the resident rehabilitation center in Calif. called Synanon. Members of the radio audience telephoned in their questions which were answered over the air by the members of the panel. A number of new members were attracted to the group by the broadcast. A tape recording of the broadcast is available. During one of our meeting we watched the WJW-TV telecast of the CBS program 'The Business of Heroin' and the members requested that I write to Bert J. Reesing, the TV-Radio Editor of the Plain Dealer commending him upon the program and the interest the paper showed in the problem of narcotic addiction by giving the program lengthy write up. The letter was printed in the P.D. and resulted in some new people attending our meeting. A portion of the letter read: 'From our group experience, we felt the program was quite factual and presented a realistic picture of the situation in the U.S.A.…All addicts who sincerely want to end their problem of addiction are invited to attend our meeting.' We have had several visits from Mr. Cooper who is associated with Mansfield Reformatory. He is very much interested in

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After Jan. 1964 Cleveland	the narcotic problem and has many good ideas on the way it should be handled. Marvin S. Acting Secretary Announcements The National Board of Narcotic Anonymous has been reorganized and is now to be called The National Advisory Council on Narcotics. For information contact the Office of Narcotics Coordinator, 325 Broadway – Room 425, New York, N.Y. 10007 The Harbor Light Center in Los Angeles is taking preliminary steps to start a Chapter of N.A., following the lead of the Cleveland Light Center which is believed to be the first Salvation Army Center to sponsor a N.A. Group. Congratulations to the following members of the New York Group on their anniversaries: Rae, Gloria, Rena, Campbell and Charlie.[420]
1964 The Junkie Priest	**Junkie Priest by John Harris tells story of Father Daniel Egan — references Wednesday night NA meeting; also notes meetings in Michigan and New Jersey:** Wednesday Night at the Y "He stood silently for a moment, observing his audience. Two ex-prize fighters, a girl to whom life had never given a chance, a nail-biting youth, a resigned middle-aged prostitute, two expressionless penitentiary candidates and a pair of fresh-cheeked teen-agers still in nursing school. Father Egan leaned causally against the table, the surface bare except for the propped-up card on which was printed: GOD GRANT ME THE SERENTITY TO ACCEPT THE THINGS I CANNOT CHANGE, THE COURGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW THE DIFFERENCE. The small room was depressing. It contained four rows of hard chairs divided by a center aisle, a blackboard and a piano with a lid secured by a heavy padlock, and the table. The walls were painted a mudy beige.

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1964 **The Junkie Priest**	The Wednesday night meeting of Narcotics Anonymous was in session.  Father Egan began slowly. 'Whatever you may think of yourself,' he said, 'you're a human being as far a God is concerned, a human being with dignity. You may have lost sight of that dignity doing the thing you have to do to get junk. But it is something to be conscious of no matter how low you sink. Remember it when you're waiting on the corner for you fix, when you're on the streets hustling, when you're snatching someone's pocketbook, when you're busted in jail, when you're kicking it cold turkey.' He hoped he had captured his audience with these words, by injecting them with a single, back-straightening dose of pride. The bitterly cold winter's evening, as on other Wednesdays throughout the year, he had taken the subway up to Twenty-Third Street from the Village and emerged near the old YMCA building half a block west of Seventh Avenue. Even that half block, in freezing weather, was sufficient for the usual sidewalk scenes to be enacted. Two or three shivering, tattered drunks offered him stupendous greetings as he passed, rendering mighty doffs-of-the-hat and croaks of 'Good evenin' to ya, Father, good to see ya again this evenin', ya lookin' great.' Entering the Y's swinging doors and feeling the welcome warmth on his face, Father Egan briefly noted the evening's bulletin board.

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1964 **The Junkie Priest**	WEDNESDAY 6:00 Country Dances Rm. 304 6:30 Bridge Class 218 7:00 Modern Dance 202 8:00 American Camping Assn. AUD. 8:30 NA 216 NA. Narcotics Anonymous. He checked his watch; it was just 8:30 and he walked through the brightly lit lobby, climbed the stairs to the second floor and entered Room 216. Nodding to Rae Lopez, a dark-haired woman seated behind the table, he sat down and greeted a Negro girl seated beside him, her face masked by dark glasses. 'Hi, Della, you're early tonight.' 'Yeah, Father, I had absolutely nothing to do, so I thought I'd jus' come an' set awhile.' 'Good. Still clean?' 'So far.' 'That's good. Keep it up.' He turned his head as two neatly dressed teen-aged girls entered the room. They didn't *look* like junkies, but you never knew. One of them spotted his Roman collar and asked diffidently, 'Can we come in and listen? Where student nurses from Bellevue.' 'Sure, sit down. Anybody's welcome.' Seated now before the table were a lean, sandy-haired ex-professional fighter dressed in sweater and, though it was January, thin khaki pants; a dapper, thin-mustached youth in dark suit and gleaming white shirt, chewing nervously on a thumbnail; two silent Puerto Rican youngsters in the rear row; a red-haired, shapeless woman whose eyes were sunken,

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1964 **The Junkie Priest**	goes slow. You live the worldly life an' you always got to be duckin' and dodgin' from the *police* because you always got to be doin' something wrong. So that's my story an' thanks for listenin'. Della sat down in silence, which the scarred ex-fighter promptly broke by commenting loudly, 'an' a pretty good story, too. Only I got a better one. I got on the stuff 'cause I didn' like bein' a loser. I had ninety pro fights an' I lost forty, an' that's too many. I fought everybody in the country an' I guess my brains are loose. That's why I shot my mouth off about the prayer.' He looked about him, discovered with surprise that everybody was listening to him, and continued. 'I don't even know what I'm doin' here,' he offered. 'I'm tryin' to kick a habit an' jus' bein' here with other junkies is makin' me think about junk. I been off a week an' for me that ain't bad. Now I'm here an' my insides is crawlin'. I feel like I got a hunk of ice in my stomach.' Gravely, Father Egan said, 'just make up your mind you won't take anything tonight. Worry about tomorrow when I gets here.' Well, I gotta worry about more than that. My old lady is in the House of D. for hustlin' m-she's a junkie too m – an' I got to worry about stayin' off until she gets out in a month. If I'm shootin' when she gets out, she's gonna go back on it an' there we go again. But how'm I gonna stay clean a whole month? I ain't done that in seven years. I once figured I had it made, then the baby came an' I got excited an' had to make another shot. The thumbnail chewer in the dark suit spoke up brightly. 'Hey, that's a laugh, he said. When my kid came that's what made me quit.' Scarface nodded gloomily. Everyone comes up on his own road he said. Rae agreed silently. She had come up a long road of her own nineteen years had been a weary journey.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1964

DATE	EVENT
1964 **The Junkie Priest**	It was a journey that had begun more than thirty years ago, when Rae Lopez, twelve years old, accepted a marijuana cigarette from another child on a littered tenement block. Marijuana was as common there as chewing gum but Rae inhaled with wide-eyed excitement. She experienced a heady sensation, enjoyed it, and her child's mind filled with strange fantasies. Months later she was sniffing cocaine and soon took the step to the final stage: heroin. The year was 1929. Dark-eyed, precociously mature and stunningly attractive, Rae joined a Latin dance troupe. Dressed in white and scarlet skirt, ruffled tights and sleeves and narrow halter, she performed a smooth bolero with a little male partner. Of thirty-five people in the traveling show, twenty, including Rae, used heroin. Tampa was a good town and so was Miami; no shortage of heroin in either. The Midwest and Sought were often a wilderness, with the drug scarce and the dancers frantic. Soon Rae was tabbed in show business as a junkie; the show managers shrugged and shook their heads. Junkies were unreliable, the drug meant more than the act. They offered her bookings only where they know the drug was always available, and Rae was through forever with that particular road. At seventeen she was arrested for the first time. On a crowded Harlem sidewalk she waited, hopefully, for her heroin connection. Each day he drove past her in his new coupé, then wheeled around the block three times until she dabbed her face with a handkerchief, the signal that meant the fuzz was off the block. But that day, as she drew the handkerchief from her purse, the afternoon sun suddenly sparkled on a police badge. The fuzz, dress in workman's overalls, seized her by the arm. From that day her arrests and jail sentences began, recurring with painful repetition through the years. Once, at an exhausted stage of her journey, she was convinced she had conquered heroin. There was, therefore, no harm in merely taking a light shot for the weekend. At first there was not, and the weekend shots continued contentedly for a month. Then there was no harm, either, in a Monday shot, to start the week right. Next came the Wednesday shot, to shorten the long wait to Friday, and then the morning shot, to begin the day. Rae knew she was hooked again. As her habit grew, so did her arrest record at police headquarters. On a West Side sidewalk she met a smiling neighbor, the young wife of a new connection. 'Hey, Rae,' said the wife, 'take this bag of groceries up for me, huh? I got to make another store. He's up there now.'

1964

DATE	EVENT
1964 **The Junkie Priest**	Rae took the shopping bag and climbed the dim tenement stairs, sensing a warning flicker. As she entered the apartment the bag was wrenched from her grasp, a voice growling, 'I'll take that.' The room was jammed with federal narcotic agents. Her connection, seated on the bed, looked at her miserably. 'Wow,' was all Rae could say. She sat down, heavily. An agent tipped the bag on the table, separated the packages and peered into the brown paper bag. He shook his head at Rae, like a parent admonishing a child. 'Shouldn't carry this stuff around,' he said. 'It's against the law. Let's go.' Rae shrugged. The arrest was a frame, a meatball rap, but you took it in your stride. As an addict, you took your chances every day. Yet it was in the echoing fortress of the House of Detention that Rae was saved, for there she found NA. A strange, visionary ex-addict named Danny Carlsen was organizing exploratory NA meetings in the prison, holding them on Sunday afternoons. Sunday was a long and lonely day in jail, and Rae attended. Danny Carlsen, a shy, diminutive Brooklynite, was the founder of NA. He had been an addict, as Rae had, since the age of twelve. His background was obscure. But he had apparently once been given morphine while suffering from an ear infection as a child. After his release from the hospital, the memory of the drug had taken deep root in his mind. He had pleaded with a hospital worker to obtain more morphine for him and a thirty-year association with drugs began. Another hospital diagnosed his condition as appendicitis and operated on him. After leaving the federal hospital in Lexington, Danny returned to New York to organize the first, groping attempt at self-help among addicts. He was befriended by a Salvation Army officer, Brigadier Dorothy Berry, who in turn became a dedicated worker among addicts.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1964

DATE	EVENT
1964 **The Junkie Priest**	'He tried to find a place where addicts could meet,' Brigadier Berry later told Rae. 'Everyone's hands went up in horror at the idea of allowing addicts to use any kind of facility. Finally he set up meetings in the House of Detention and began to hold them on Sundays. Later I got him permission to use a Salvation Army facility. Then he used the Labor Temple, and eventually got the okay from the YMCA. The Y has been wonderful ever since. Nobody would have thought the Y would have let addicts come in. But hey have never said anything about money or membership. In fact they cooperate in every way they can. They even take care of the addicts' mail.' Rae recalled a thin, seemingly hopeless junkie she had once known, a Jewish youth in the Bronx. He had been a real junkie, she recalled. He was the kind of addict who kept shooting until nothing was left. Most addicts at least left a little over for the morning shot….Now he had been astonishingly clean for more than a year. If he could do it, she could. Shortly after making her decision, and still deeply depressed by the thought of the prison years that stretched before her, Rae was summoned to a conference room on the prison's ground floor. There she was told it had been decided she was too ill to serve any more time and that she was free. Rae was stunned. She felt a miracle had occurred and was unable to believe it at first. Then she began to weep. Between sobs, she vowed, that as God had given her a chance, so she would give NA a chance. Through NA Rae found her release from the horror and compulsion of addiction. Through persuading other addicts to join NA she found the purpose in life that perpetuated that freedom. She threw her energies into NA, continuing the work when Danny died, and was overwhelmed with emotion one year to receive two hundred and fifty Christmas cards from "clean" addicts who had attended NA meetings. In 1961 a proud day came for Rae. The New York City Department of Health invited her to speak at a meeting on addiction. Later that year she was hired as a full-time city employee in the department's Office of Narcotics Co-ordination. Her qualifications: an unexcelled knowledge of addiction and single-minded dedication to its victims. A tense moment had come while filling out her employment application. One form was for Police Department inspection. It contained the question: *Have you ever been arrested?* Unhesitatingly Rae wrote: *Yes. Various times. I am a former addict.*

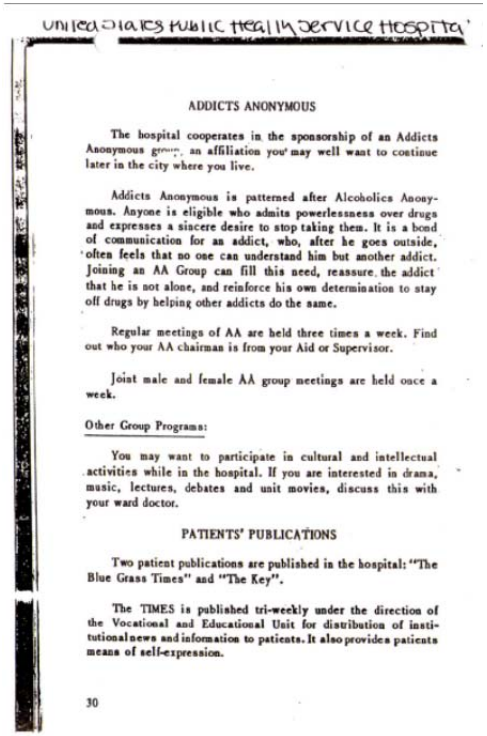
Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1964

DATE	EVENT
1964 **The Junkie Priest**	Now a smartly dressed and vigorous woman of forty-four, Rae reflected with some satisfaction on the growth of NA. She had originated chapters in prisons at Marquette and Jackson, Michigan, and in Passaic County, Newark, Hackensack and Hoboken, New Jersey, all by mail. Two were planned for Philadelphia and she had been invited there by the city, expenses paid. It marked the first time she had been offered public funds for any NA project. The organization operated without funds, public or otherwise, and money was a constant problem. The NA newsletter list was growing – more than five hundred names – and the last edition had cost fifty dollars. In addition, she desperately wanted to visit the NA chapters she had instituted by mail, but the fare was beyond her reach. Rae looked at Father Egan. He had walked into a meeting one night, unannounced and unexpected. For years NA had been trying to find a priest and now it had its own chaplain. 'It's getting late,' she announced, 'we better wind up. Everyone stand up and say the Lord's Prayer.' The little group gathered in front of her table, solemnly joined hands and recited the prayer. Scarface kept his eyes on the floor and said nothing. The junkies, the nursing students, Rae and Father Egan filed out of the room and headed across Twenty-Third Street to the Automat for their customary cup of coffee together. 'Join us?' Father Egan asked Scarface. 'Nah, I'm goin' uptown.' Father Egan nodded with understanding. He knew what this struggling youth meant by 'uptown.' If he wanted heroin tonight it was no use arguing with him. He would have to make his own decision. In the Automat people glanced up curiously as the group entered. Outside, the young ex-fighter halted at the steps leading down to the Seventh Avenue subway. He smashed a fist into his palm, then turned around and pushed his what through the Automat's revolving door.[421]

1964

DATE	EVENT
1964	The following appears in the U.S. Public Health Service Hospital Patient Handbook at Lexington: **Addicts Anonymous** The hospital cooperates in the sponsorship of an Addicts Anonymous group, an affiliation you may well want to continue later in the city where you live. Addicts Anonymous is patterned after Alcoholics Anonymous. Anyone is eligible who admits powerlessness over drugs and expresses a sincere desire to stop taking them. It is a bond of communication for an addict, who, after he goes outside, often feels that no one can understand him but another addict. Joining an AA group can fill this need, reassure the addict that he is not alone, and reinforce his own determination to stay off drugs by helping other addicts do the same. Regular meetings of AA are held three times a week. Find out who your AA Chairman is from your Aid or Supervisor. Joint male and female meetings are held once a week. **Patient Publications** Two patient publications are published in the hospital: "The Blue Grass Times" and "*The Key*." *The KEY* is the official publication for the Hospital's Addicts Anonymous Group. It is published once a month under the direction of the Vocational and Educational Unit and provides members of AA with an opportunity to express their views in print. Literary contributions are encouraged and may be submitted to the Editor or to the Chief of the Vocational and Educational Unit. *The KEY* is devoted exclusively to AA and related subjects.[422]



United States Public Health Service Hospital

ADDICTS ANONYMOUS

The hospital cooperates in the sponsorship of an Addicts Anonymous group, an affiliation you may well want to continue later in the city where you live.

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Regular meetings of AA are held three times a week. Find out who your AA chairman is from your Aid or Supervisor.

Joint male and female AA group meetings are held once a week.

Other Group Programs:

You may want to participate in cultural and intellectual activities while in the hospital. If you are interested in drama, music, lectures, debates and unit movies, discuss this with your ward doctor.

PATIENTS' PUBLICATIONS

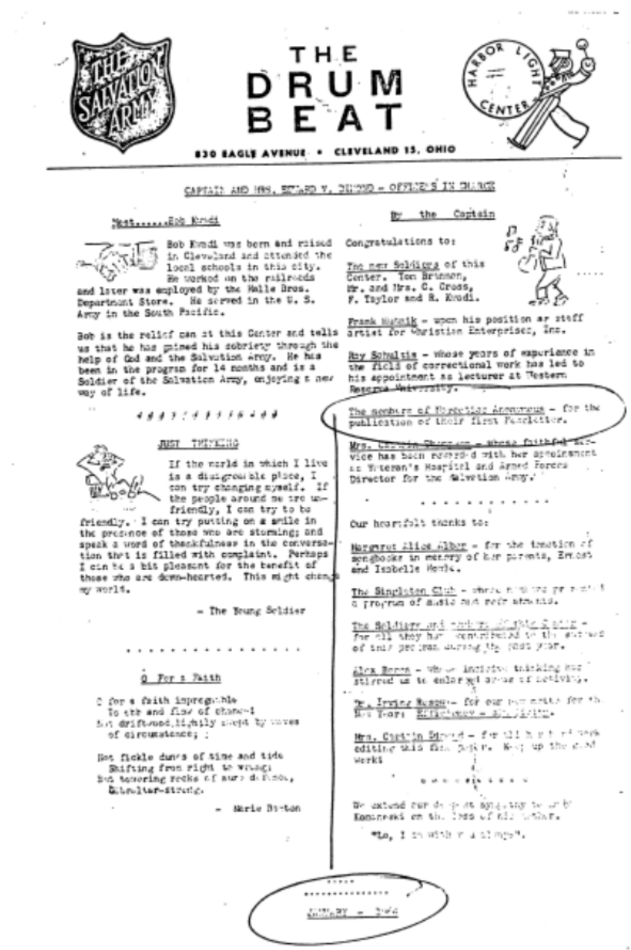
Two patient publications are published in the hospital: "The Blue Grass Times" and "The Key".

The TIMES is published tri-weekly under the direction of the Vocational and Educational Unit for distribution of institutional news and information to patients. It also provides patients means of self-expression.

30

1964

Date		Event
January	**1964**	Issue of the Cleveland Salvation Army newsletter *The Drum Beat* congratulates the members of Narcotics Anonymous for their first newsletter.[423]



THE SALVATION ARMY

THE DRUM BEAT

830 EAGLE AVENUE • CLEVELAND 13, OHIO

HARBOR LIGHT CENTER

CAPTAIN AND MRS. [illegible] – OFFICERS IN CHARGE

Meet......Bob Krodi

Bob Krodi was born and raised in Cleveland and attended the local schools in this city. He worked on the railroads and later was employed by the Halle Bros. Department Store. He served in the U. S. Army in the South Pacific.

Bob is the relief man at this Center and tells us that he has gained his sobriety through the help of God and the Salvation Army. He has been in the program for 14 months and is a Soldier of the Salvation Army, enjoying a new way of life.

JUST THINKING

If the world in which I live is a disagreeable place, I can try changing myself. If the people around me are unfriendly, I can try to be friendly. I can try putting on a smile in the presence of those who are storming; and speak a word of thankfulness in the conversation that is filled with complaint. Perhaps I can be a bit pleasant for the benefit of those who are down-hearted. This might change my world.

– The Young Soldier

O For a Faith

O for a faith impregnable
To ebb and flow of change!
Not driftwood, lightly swept by waves
of circumstance;

Not fickle dunes of time and tide
Shifting from right to wrong;
But towering rocks of sure defence,
Gibraltar-strong.

– Marie Burton

By the Captain

Congratulations to:

The new Soldiers of this Center. Tom Brunnen, Mr. and Mrs. C. Cross, F. Taylor and R. Krodi.

Frank Matnik – upon his position as staff artist for Christian Enterprises, Inc.

Roy Schultz – whose years of experience in the field of correctional work has led to his appointment as lecturer at Western Reserve University.

The members of Narcotics Anonymous – for the publication of their first Newsletter.

Mrs. [illegible] – whose faithful service has been rewarded with her appointment as Veteran's Hospital and Armed Forces Director for the Salvation Army.

Our heartfelt thanks to:

Margaret Alice Alber – for the donation of songbooks in memory of her parents, Ernest and Isabelle Henle.

The Singleton Club – [illegible]

The Soldiers and [illegible] – for all they have contributed to the [illegible] of this program during the past year.

Alex Bonn – [illegible]

[illegible]

Mrs. Captain [illegible] – for all [illegible] editing this [illegible]. Keep up the good work!

We extend our deepest sympathy to [illegible] on the loss of [illegible].

"Lo, I am with you always".

JANUARY – 1964

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Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1964

DATE		EVENT
Feb.	**1964**	**The following letter is written to Captain Edward V. Dimond of the Salvation Army in Cleveland, OH by Brigadier Dorothy Berry:** The Salvation Army Greater New York Social Welfare Services 546 Avenue of the Americas New York, N.Y. 10011 Telephone Chelsea 3-8700 February 1964 Captain Edward V. Dimond 830 Eagle Avenue Cleveland 15, Ohio Re Narcotics Anonymous I am in receipt of your letter of January 30th in connection with the above. It is enheartening (sic) to know that your new born group is going well. With your familiarity of program of alcoholics, I know you realize this sort of group will have its ups and downs but we have learned by hard experience to stick to it (sort of like a Corps that is poorly attended and again has its good meetings). It is interesting that you have asked about the scope of the interest in this program. Last week the National Board of Narcotics Anonymous groups met to continue their work as a governing body. This was brought about by the fact that there is a need now for their function inasmuch as Narcotics Anonymous groups are popping up across the States. For a long period when there was only one group there was hardly a need to take the time of the very busy business and professional men and women who have been serving on this Board.

1964

DATE		EVENT
Feb.	**1964**	I thought that this Army had the market cornered on rumor. So often the rumors have very little or no basis of truth. Mrs. L. has her four groups in the community going weekly and 2 groups in the Women's House of Detention. Mrs. L. has been employed by the City Health Department for the past two years in connection with the narcotics problem so her time is very well planned. Further, this past year she has undergone serious surgery which means that much of her work in connection with Narcotics Anonymous has slowed-up for a couple of months. We have a few good, hard working, enthusiastic members who have stayed clean working with Mrs. L. as a result of the program. The National Group is working toward getting together a directory of the location of Narcotics Anonymous Groups. May we please have information from you as to how your group should be listed? Narcotics Anonymous in New York send our greetings to your group and our prayers are that you will grow and grow. God bless you! Dorothy Berry, Brigadier Director[424] **(Author's note: Mrs. L. is Rae L.)**
Feb. 12,	**1964**	**The following appeared in *The Plain Dealer* (Cleveland):** "Invitation to N.A. Dear Mr. Reesing: I am writing in behalf of the members of the Cleveland group of Narcotics Anonymous with reference to the CBS-TV show, 'The Business of Heroin.' From our group experience, we felt the program was quite factual and presented a realistic picture of the situation in the United States.

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1964

DATE	EVENT
Feb. 12, 1964	Our group was formed several months ago and meets every Wednesday from 7:30 to 10 p.m. at 2304 E. 9th Street in the Red Shield Hotel. All addicts who sincerely want to end their problem of addiction are invited to attend our meetings. Our group wants to commend the *Plain Dealer* for the interest it showed in this problem through your Jan. 23 column. Marvin S. Secretary Cleveland N.A.[425]
February 9, 1964	**Arthur Siddon of the *Chicago Tribune* writes the article Narcotics Anonymous – Addicts' Hope:** "To hundreds of drug addicts in the Chicago area Narcotics Anonymous means the chance for a new life. Narcotics Anonymous was started about a year ago by the Rev. Cosmas Herndel, Catholic chaplain at the House of Correction, 2800 S. California av., who sought a way to help the many drug addicts he saw pass thru the doors of the prison. Today he works with approximately 100 men and women each week, both in the prison and in weekly meetings outside… …'It is primarily a group therapy program,' he explained. 'Once a week I meet with the addicts in the House of Correction. They talk over their problems and try to help one another.' When a man leaves prison the program continues. Shortly after his release, he receives a call from another member who invites him to one of the Narcotics Anonymous meeting on the west side of the city. He is then helped to find a job and a place to live… …Approximately 90 per cent of the members of the members of Narcotics Anonymous are under 30 years old, most have been users for 8 to 10 years, and many have no money… …Narcotics Anonymous is seldom able to help the addict who drops out of the program because there is not the time or personnel to follow him… …Narcotics Anonymous is supported entirely thru donations, special benefits such as the one recently sponsored by the Catholic Alumni Club of Chicago, and the money Father Herndel receives for lectures about the organization…"[426]

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DATE	EVENT
February 9, 1964	

Narcotics Anonymous—Addicts' Hope

BY ARTHUR SIDDON

To hundreds of drug addicts in the Chicago area Narcotics Anonymous means the chance for a new life.

Narcotics Anonymous was started about a year ago by the Rev. Cosmas Herndel, Catholic chaplain at the House of Correction, 2800 S. California av., who sought a way to help the many drug addicts he saw pass thru the doors of the prison. Today he works with approximately 100 men and women each week, both in the prison and in weekly meetings outside.

"We hold the door open for them and offer them the opportunity to help themselves," said Father Herndel. "It is then up to them to decide whether they want to be helped."

Group Therapy

"It is primarily a group therapy program," he explained. "Once a week I meet with the addicts in the House of Correction. They talk over their problems and try to help one another."

When a man leaves prison the program continues. Shortly after his release, he receives a call from another member who invites him to one of the Narcotics Anonymous meetings on the west side of the city. He is then helped to find a job and a place to live.

In addition, a grapevine is at work in the Chicago area and brings in many addicts who never have been in prison, said Father Herndel.

Reasons for Habit

A drug addict is no special type of person. He may come from any walk of life and any background. He may have started using drugs as a "kick" or thru the urging of friends, or just as a means to escape problems, according to Father Herndel.

There are some things they have in common. Approximately 90 per cent of the members of Narcotics Anonymous are under 30 years old, most have been users for 8 to 10 years, and many have no money. "One fellow went thru a $20,000 inheritance in two years, and another man spent $11,000 in three months," he said. Almost all the money went to feed the dope craving.



REV. COSMAS HERNDEL

"Some of these people have been on drugs since they were 14 and never have held a job in their lives," said the father. "Tho some drop out of the program and give up the jobs we have found for them, many are able to build new lives for themselves.

"The question I often ask myself when someone drops out is, did I provide him with enough help? There is no way to tell. I recently was able to place a young girl in one of the large hotels downtown where her employer said she did an excellent job for about three weeks. But then she quit and dropped out of the program. I don't know why."

Narcotics Anonymous is seldom able to help the addict who drops out of the program because there is not the time or personnel to follow him. Father Herndel said that a conservative estimate would place the number of addicts in the Chicago area at approximately 20,000.

"One reason I hate to see these young people drop out of the program is because there is no other place for them to go," he said. "The prison hospital is the only one in the state I know of that will help an addict, and even there he will not be admitted simply because he seeks help as an addict."

Seeking Club Room

At present, Father Herndel is carrying on the program virtually alone. He is attempting to find and furnish a club room where addicts can come for help seven nights a week. Eventually he hopes this will lead to a half-way house program and to the foundation of a Synanon House for drug addicts in Chicago, comparable to the Synanon House in Santa Monica, Cal. Such an establishment would be in coöperation with the Synanon Foundation which is branching out in various states.

Synanon House is a residence colony for drug addicts started approximately six years ago. An addict seeking help moves into one of the 11 cottages run by the foundation and remains there for six months to two years. Synanon House has been successful in helping 80 per cent of the addicts "kick" the habit, Father Herndel said.

To establish a similar type of organization in Chicago, Father Herndel said he must supply the facilities. Then the California group will send trained personnel to help him. "We hope our proposed clubroom will grow into such an operation," he said.

Support Thru Donations

Narcotics Anonymous is supported entirely thru donations, special benefits such as the one recently sponsored by the Catholic Alumni Club of Chicago, and the money Father Herndel receives for lectures about the organization.

Born in Chicago in 1917, Father Herndel was trained for the priesthood in Franciscan seminaries in Illinois and Ohio, and was ordained in June, 1944.

He has taught in colleges in Illinois and Missouri and was a high school dean of boys in Michigan. He also is one of the founders of the Catholic Audio-Visual Education association and started the first Catholic film library for parochial schools in the United States.

He has done mission work in Tennessee, and parish work in Missouri, Nebraska, and at St. Peter's Catholic church, 110 W. Madison st., in 1960. He has been chaplain at the House of Correction for approximately a year.

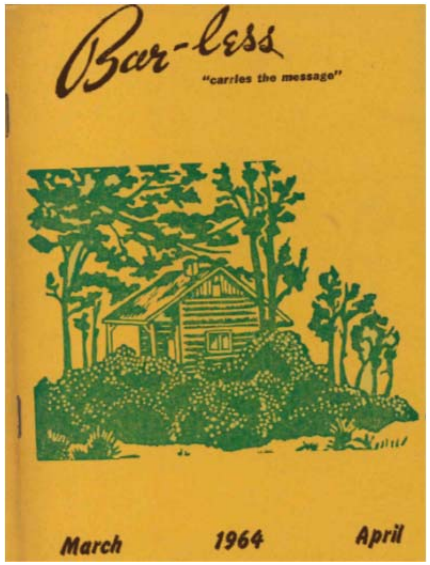
1964

DATE		EVENT
Feb. 28,	**1964**	**The following is a letter written to Captain Edward V. Dimond of the Salvation Army in Cleveland, OH by Rae L., Executive Secretary of Narcotics Anonymous:** Narcotics Anonymous Headquarters Fellowship House 836 East 165th Street Bronx 59, N. Y. February 28, 1964 Captain Edward V. Dimond The Salvation Army 830 Eagle Avenue Cleveland 15, Ohio Dear Captain Dimond: Please excuse my delay in answering your letter of December 5, 1963 though I gather that you know through Brig. Berry that I recently underwent major surgery. In my return to work I found over a hundred letters waiting for me to be answered. First I must congratulate you in your good work. On the pill addicts, what can I say, they are very difficult to work with, specifically the barbiturate addicts or 'goof ball' addicts as they are commonly called. Their behavior while under the influence of barbiturates is like that of an alcoholic. They become very belligerent and it is interesting to watch how a goof ball addict's behavior change. As a rule, when they are clean, they are very gentle people but as soon as they start fooling around they become very nasty and resentful.

1964

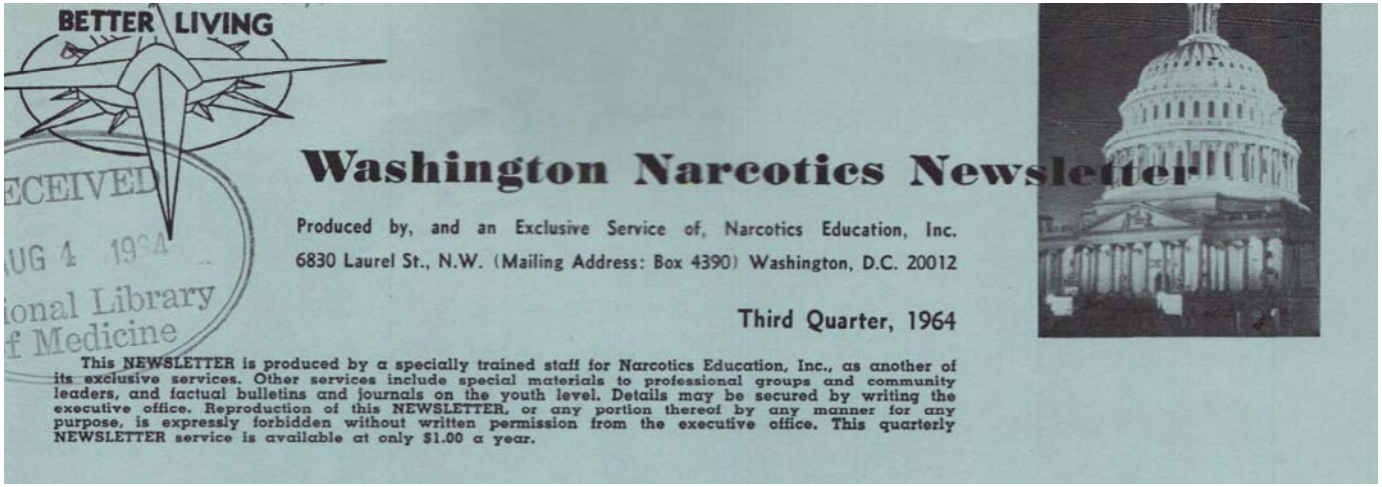
DATE	EVENT
Feb. 28, 1964	Anything you say they pick it up and answer you in a very nasty way. Enclosed is some literature on addiction that is put out by the Department of Health. It might give you some insight into the problem. Sincerely in N.A. (Mrs.) Rae L. Executive Secretary RL/dt Enc. Please reply to: Office of Narcotics Coordinator 325 Broadway – Room 425 New York, N.Y. 10007[427]
March 1964	**The following excerpt is from An Interim Report of the Narcotic Drug Study Commission of the New Jersey Legislature: Interim Report for 1963:** Commission members included Senator Charles W. Sandman, Jr., Chairman, Senator Anthony J. Grossi, Assemblyman Irwin I. Kimmelman, Assemblyman Paul Policastro, Dr. Morton J. Rodmoan, Daniel W. Byles, Vice-Chairman, Dr. Lloyd W. McCorkle, Ex officio, Edwin T. Ferren III, Counsel, Margaret W. Sutch, Staff Secretary and Leonard A. Coyle, Statistician. "There are other non-institutional, non-profit groups, such as Narcotics Anonymous, the Mt. Carmel Guild and the Salvation Army which provide tangential services to the addicted person."[428]

1964

DATE	EVENT
March 17, 1964	**The following is an excerpt of a letter from Houston S.'s wife, Katheryn, to his nephew Sid:** "…The Anniversary banquet at the Narcotic Farm will be April 5. It was always in Houston's honor. I did not think I could attend this time – but Bill + Beulah P. of Louisiana wrote that they would arrive April 4 so I may go with them. He was one of two of the first 'converts' Houston had in his first class there in 1947. He has always been a dear friend of Houston's. He is a lawyer and chief counsel for the La. Highway Dept…"[429]
April 7, 1964	**The following is an excerpt of a letter from Houston S.'s wife, Katheryn, to his nephew Sid:** "…I went to the 17th Anniversary celebration at the Narcotic farm Sunday. It was always in Houston's honor and was a memorial to him this time. I did not weep and I believe Houston would have been pleased at my composure. I had a place of Honor by the Doctors (staff) and they, the chaplain + the patients were most kind – the gist of all the remarks was that he still lived in the lives of the many he had helped…"[430]
March – April 1964	A letter from Betty T. (Habit Forming Drugs Group) is published in the *Bar-less* prison newsletter (Michigan City, IN).[431] 

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1964

DATE	EVENT
July 19, 1964	Article in the *Chicago Tribune* titled Council Plans Meeting to Help Estimated 20,000 Drug Addicts. The Council for the Understanding and Rehabilitation of Addicts (C.U.R.A.) is an organization composed of doctors, psychiatrists, jurists, law enforcement officers, social and welfare workers, and interested citizens who have attempt to explore the why, how, and results of drug addiction. C.U.R.A. was founded by Rev. Cosmas Herndel. "C.U.R.A. was formed in February when Father Herndel found the problem of drug addiction and rehabilitation of drug addicts had become too involved for him to handle alone thru the Narcotic Anonymous program he began in November, 1962. Narcotics Anonymous grew from the priest's work with addicts in the House of Correction. At first he met with a few ex-convicts in a west side settlement house. As the program grew and addicts came to him from all parts of the city, a clubroom was established on the west side, and another program was begun on the south side. Since the program began in 1962, Father Herndel has worked with hundreds of addicts.[432]
1964	**The following excerpt is from the *Washington Narcotics Newsletter*, a publication of Narcotics Education, Inc.:**  BETTER LIVING ECEIVED UG 4 1964 ional Library f Medicine **Washington Narcotics Newsletter** Produced by, and an Exclusive Service of, Narcotics Education, Inc. 6830 Laurel St., N.W. (Mailing Address: Box 4390) Washington, D.C. 20012 Third Quarter, 1964 This NEWSLETTER is produced by a specially trained staff for Narcotics Education, Inc., as another of its exclusive services. Other services include special materials to professional groups and community leaders, and factual bulletins and journals on the youth level. Details may be secured by writing the executive office. Reproduction of this NEWSLETTER, or any portion thereof by any manner for any purpose, is expressly forbidden without written permission from the executive office. This quarterly NEWSLETTER service is available at only $1.00 a year.

1964

DATE	EVENT
1964	"An Addict Can Be Anyone 'A drug addict is no special type of person,' says the Rev. Cosmas Herndel, Catholic chaplain in Chicago who is introducing Narcotics Anonymous into that city to help care for some of its estimated 20,000 addicts. 'The addict may come from any walk of life and any background.' 'There are some things they have in common. Approximately 90 percent of the members of Narcotics Anonymous are under thirty years of age, most have been users for eight to ten years, and many have no money….Some of these people have been on drugs since they were fourteen, and never have held a job in their lives.'"[433]
November 1, 1964	Brigadier Dorothy Berry retires after 37 years of service to the Salvation Army. She remains as narcotic consultant for the Salvation Army. Mrs. Rae Lopez of N.A. speaks in tribute at Berry's retirement celebration.[434]
Latter part of 1964	It was decided by the Narcotics Anonymous in Cleveland to suspend their meetings as no new addicts were attending. "Several of the members were able to improve their work and social conditions and the rest lost interest and stopped attending meetings. We know that a number were returned to various institutions or jails and the rest dropped out of sight. The Group was written up as part of a 3 part series on addiction written by Joan Hoch and appeared in the November *Cleveland Press* in 1963. *The Press* and the *Plain Dealer* both used information supplied by the group and invited the addicts to attend the weekly meetings. I appeared twice with members of the group on the KWY Radio program…It may be that the group will resume holding meetings later in the spring of this year."[435] It is reported that Marvin S. relapsed in 1964.[436]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

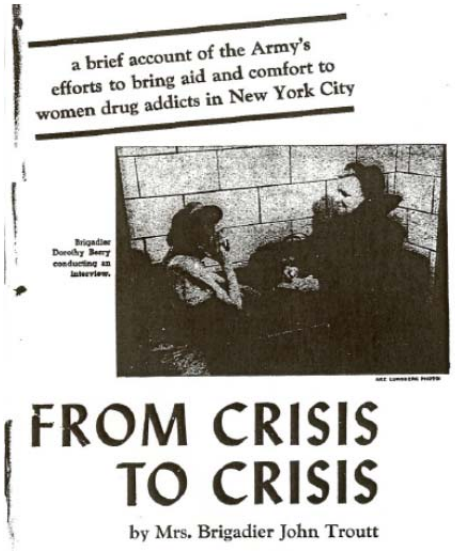
1965

DATE	EVENT
January 1965	The *A.A. Grapevine* reprints "Problems Other Than Alcohol" (February 1958).[437]
Feb. 3 – 5, 1965 Gracie Mansion Conference	Brigadier Dorothy Berry and Mrs. Rae Lopez participate in the Gracie Mansion Conference held at the New York Hilton Hotel. The conference is part of the Mayor's Temporary Narcotic Commission of New York City. Narcotics Anonymous Mrs. Rae Lopez "Danny Carlson (sic), started Narcotics Anonymous in the summer of 1948, he had been an addict for 25 years. On his last trip to Lexington, Kentucky, he learned a new approach to his problem of addiction as a result of a new program called Addicts Anonymous, that is patterned after Alcoholics Anonymous. When Danny came home he brought back with him the fierce faith that moves mountains and the idea for Narcotics Anonymous. He followed the Addicts Anonymous philosophy but felt it was better to name it Narcotics Anonymous. With his faith, his ideas and the help of Brigadier Berry of The Salvation Army, N.A. was first started. I do not have the time to tell you in detail all the struggles that N.A. met at the beginning. N.A. brings together addicts who try to solve their problems by group help and ruthless self-dissection. We attract addicts that help themselves by helping other addicts. At that time there was no other available help. Danny Carlson (sic) died of cancer on August 19, 1956, refusing medication for the horrible pain because he did not want to become addicted again and face death as an addict. Though at the present time there is other help available, N.A. still continues their work with addicts. In the beginning of the N.A. meetings each member gave their experience on their past life of addiction. Since then we found that this kind of testimony was hurtful to new members with short abstinence. At the present time at our meetings we discuss the everyday problems that arise while we are abstaining from drugs a day at a time. If you should ask, how

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DATE	EVENT
Feb. 3 – 5, 1965 Gracie Mansion Conference	many addicts have we welcomed through the years, I would have to answer you something like this, 'ONLY GOD KNOWS, AS ONCE THEY ARE REHABILITATED THEY GET LOST IN THE MASS OF SOCIETY…MANY OF THEM NOT WANTING ANYONE TO KNOW THAT THEY ARE FORMER ADDICTS. THIS IS A LOOSELY KNIT GROUP AND IN THE PAST WE NEVER ATTEMPTED TO KEEP RECORDS.' In attendance at a meeting there are generally between 25 to 40 members. We also have our N.A. contact outside of meetings, and roughly, I would say around a hundred a week. We have two kinds of group meetings…the Closed and the Open Meeting. The closed meeting is for the former Addicts only and the open meeting is open to the public. Our Closed Meetings are held every Tuesday night at 8:30 P.M. at the Fellowship House, 836 East 165th Street, in the Bronx. The Open Meetings are held every Wednesday at 8:30 P.M. at the McBurney Y.M.C.A., 215 West 23rd Street in Manhattan. We have: 7 Groups in California 2 Groups in Boston, Mass. 3 Groups in Walla Walla, Wash. 3 Groups in Cleveland, Ohio 2 Groups in Michigan – Jackson and Marquette 2 Groups in Minnesota 1 Group in Lorton, VA  Rae L. (L) and Brigadier Dorothy Berry (R)

1965

DATE	EVENT
Feb. 3 – 5, 1965 Gracie Mansion Conference	1 Group in Utica, N.Y. 1 Group in Middletown State Hospital in N.Y. 1 Group in the House of Detention for Women in N.Y. 1 Group in Newark, N.J. 1 Group in Fort Leavenworth, Kan. 1 Group in Toronto, Can. 1 Group in Yorkshire, England 1 Group in South Africa 1 last Saturday we started in Philadelphia."[438]
March 9, 1965	In a letter to Lt. Colonel Giles C. Barrett, Captain Dimond writes "The group [Narcotics Anonymous Cleveland Group] started late in 1963 and held weekly meetings for about a year. At the end of the year (1964) it was decided by the group to suspend their meetings as no new addicts were coming to the meetings."[439]
April 24, 1965	 Salvation Army Publication, *The War Cry*, April, p. 5, "From Crisis to Crisis" recounts work of Brigadier Dorothy Berry with NA in NYC; Notes NA beginning in 1947 at a room in the Manhattan Men's Social Service Center.[440]

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DATE	EVENT
June 26, 1965	**An article in *The Baltimore Sun* reports that Judge Dulaney Foster questions the value of NA:** "A plea to let a Criminal Court defendant become a charter member of Narcotics Anonymous group received skeptical response yesterday from a judge who questioned the value of the organization. In the end, Judge Dulaney Foster agreed to delay sentencing the defendant until the Rev. Harry S. Maloney, of St. Francis Xavier's Catholic Church, gets the group started. **Group Meeting Set** Father Maloney said at least ten or twelve persons are expected at a Thursday meeting to hear two physicians discuss ways in which addicts can cure themselves by group discussion. He asked that Lloyd S. Palmer, 35, of the 4500 block Bonner road, be given consideration by the court so that he could attend. Judge Foster said someone would have to convince him that the type of treatment had authoritive (sic) acceptance before he would assign defendants there after their arrest. 'Who says they are capable of doing any good?' the judge inquired of George L. Russell, attorney for the defendant. **Mental Health Plan Cited** 'This sounds to me like the same objections people overcame when they started dealing with mental health,' the lawyer replied. After pleading that the court help with the program, Mr. Russell agreed to give more information on what was planned. Judge Foster complained that narcotics offenders frequently asked to be sent to a Government hospital in Lexington, Ky.,

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DATE	EVENT
June 26, 1965	but added that he was not sure the treatment was a success. Before putting the Supreme Bench on record as releasing defendants to take part in the program, the judge added that he would have to be satisfied as to what was going on. Father Maloney said that he had interested Thomas D. Alesandro 3d, president of the City Council, in the program and would try to get official help in the coming week. At the church in the 1000 block North Caroline street, there is already a social worker and an Alcoholics Anonymous unit, the priest added. 'You have to do something for these young people,' he said. Other narcotics programs that have grants of State funds 'leave much to be desired,' Judge Foster said in quizzing the priest on what he thought could be done.[441]
August 1964	***Comparison of MMPI Scales of Members of Alcoholics Anonymous and Members of Narcotics Anonymous.*** Mary Lynn Moncus, B.A., M.A. submits a thesis to the New Mexico State University Graduate School in partial fulfillment of the requirements for the Degree Specialist in Education. The thesis is titled *Comparison of MMPI Scales of Members of Alcoholics Anonymous and Members of Narcotics Anonymous.* The following are excerpts from the thesis: "Abstract The problem involved in this investigation was to determine if any significant difference existed in the areas of personality, intelligence, and achievement between a group of twenty-three members of Alcoholics Anonymous and seventeen members of Narcotics Anonymous, all of whom were incarcerated at the Federal Correctional Institution in La Tuna, Texas. The instruments used in measuring the above areas were the Minnesota Multiphasic Personality Inventory, the

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August 1964	Revised Beta Examination, and the Stanford Achievement Test. Basic assumptions and null hypothesis were formulated. Data was collected from the institution and submitted to statistical analysis to ascertain the significance of difference between the means of the scales on the Minnesota Multiphasic Personality Inventory, the intelligence quotients on the Revised Beta Examination, and the achievement scores on the Stanford Achievement Test. The desired level of confidence was .05. The investigation resulted in acceptance of the null hypotheses which stated that no significant difference existed; however, the Psychopathic Deviate means closely approached the .05 level of confidence." p. V. "II. The Problem Statement of the purpose. The purposes of this study were as follows: 1. To identify specific personality characteristics of a sample of Alcoholics Anonymous through the use of the Minnesota Multiphasic Personality Inventory. 2. To identify specific personality characteristics of a sample of Narcotics Anonymous through the use of the Minnesota Multiphasic Personality Inventory. 3. To determine the mean intelligence quotient of a sample of Alcoholics Anonymous through the use of the Revised Beta Examination. 4. To determine the mean intelligence quotient of a sample of Narcotics Anonymous through the use of the Revised Beta Examination. 5. To determine the mean achievement scores of a sample of Alcoholics Anonymous through the use of the Stanford Achievement Test. 6. To determine the mean achievement scores of a sample of Narcotics Anonymous through the use of the Stanford Achievement Test. 7. To compare the findings of the Minnesota Multiphasic Personality Inventory for each group via statistical anaylsis. 8. To compare the findings on the Revised Beta Examination for each group via statistical analysis. 9. To compare the findings of the Stanford Achievement Test for each group via statistical analysis. 10. To determine the range of scores on the Minnesota Multiphasic Personality Inventory, the Revised Beta Examination, and the Stanford Achievement Test.

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August 1964	11. To determine the mean age and mean level of education for each group. 12. To ascertain the per cent of the total number of each race involved in the study. 13. To compile a composite profile of the mean scores on the Minnesota Multiphasic Personality Inventory for each group. After the statistical analyses were completed, the investigator intended to arrive at a statement of comparison between the two groups. Delimitations. This study was limited to a group of Alcoholics Anonymous and a group of Narcotics Anonymous who were incarcerated in the Federal Correctional Institution at La Tuna, Texas. The groups were further limited by their ability to read, by the validating scores of the Minnesota Multiphasic Personality Inventory, and by the number of meetings of the organizations attended. The original groups consisted of thirty-six Alcoholics Anonymous members and twenty-six Narcotics Anonymous members. After those samples were limited by the above methods, the final groups consisted of twenty-three members of Alcoholics Anonymous and seventeen members of Narcotics Anonymous." p. 2 – 4. "Narcotics Anonymous. This term will be used to refer to an organization composed of narcotic addicts and reformed narcotic addicts. Its members are individuals who recognize drug addiction as being a problem in common and who work together to alleviate it in themselves and in others. The initials NA will be used throughout the remainder of the project." p. 7. Collection of data….The Chief of Classification and Parole and the Supervisor of Education compiled a list of AA's and of NA's. The members were selected on the basis of their attendance of at least two of fifteen meetings of either organization from January through March of 1964. Those officials supplied two files -- educational and penal – on each individual." p. 9. "II. Narcotics And Narcotics Anonymous

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August 1964	…Because narcotic addiction has been recognized as a problem among the addicts themselves, they have formed an organization, Narcotics Anonymous, to aid in alleviating their problem. This organization was founded at the hospital in Lexington and also operates at the Fort Worth hospital. Brown stated that the organization 'has proven meritorious to patients who are genuinely anxious to rid themselves of addiction.' He also stated that the youth of the organization has limited the possibility of documented evidence of effectiveness; however, it appears to aid in rehabilitation and 'consists of a type of mutually supportive group therapy.' Maurer stated that the organization is beneficial to those patients who desire to cooperate, and aids 'in sustaining the addict personally and psychologically.' The basic ideas behind the organization include 'The Twelve Principles of Narcotics Anonymous' and 'The Twelve Traditions of Narcotics Anonymous.' These are the same ideas as proposed by AA, only the wording has been changed to addiction instead of alcohol." p. 27 – 28. "…The NA group had a mean age of 31.41, a level of education of 9.76, and was composed of seven Anglo-Americans, seven Mexican-Americans, and three Negro-Americans…The range in age of the NA group was twenty-five years to forty-three years. Their range in level of education was grade seven through grade twelve…"[442]
Aug. 15, 1965	***Chicago Tribune* article covers progress of half-way house for addicts in Gary, IN:** "A half-way house for narcotics addicts neared reality when a group of 11 city residents recently formed a chapter of Narcotics Anonymous. The action took place after Kelsey McFarley, formerly an addict and inmate at Indiana State prison, Michigan City, told the group of the need for such a center…While McFarley was in prison, 12 former addicts formed a chapter of Narcotics Anonymous under the direction of Melvin Wenzel, a general science and Spanish teacher at the prison. The group, which now numbers about 60, meets weekly to discuss mutual problems and hear speakers suggest methods of readjustment to society…Sgt. James Hilton, chief of the Gary police narcotics bureau, heard of the prison chapter and became one of its chief supports…The Gary center will be patterned somewhat after Synanon, Santa Monica, Cal., Hilton said…The chapter is headed by Hank Morgan, executive director of the Gary Urban league, Morgan and the charter members are planning to hold another business meeting in the near future to formulate plans."[443]

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September 13, 1965	**The first meeting outside of southern California is held in northern California at a church near the Add-Center in Berkeley, CA.** "We will be holding our first N.A. meeting up here on Monday, the 13th. We think addicts at Add-Center will want to attend—but most of all—we 5 know we must have it…There will be no N.A. Meetings at Add-Center proper—they will be held in a Church nearby."[444] (Authors note: This start date is more than a year earlier than previously indicated by Bob Stone (late 1966 in Berkeley).[445]
October 1965	**Reverend Kenneth R. Waldron, D.D., chaplain for an upstate New York state hospital with a large unit for drug addicts, writes an article published in the *A.A. Grapevine* titled "AA and the Drug Addict":** He talks about the problems of patients leaving the hospital and returning to communities that do not have Narcotics Anonymous meetings. He discusses how AA members support local NA groups and describes the case of female addict who is recovering in AA. "We commend to AA members the drug addict, who is not able to attend an NA group, but who looks to a local AA group for help. Such persons are worthy of help, and most appreciative."[446]
November 22, 1965	**Report to the Mayor of the City of New York – Mayor Robert F. Wagner from The Temporary Commission on Narcotics Addiction:** <u>Narcotics Anonymous</u> Five of the 32 Narcotics Anonymous groups in the United States function in New York City. Narcotics Anonymous has been in operation since 1948 and is patterned after Alcoholics Anonymous. Addicts meet together to help each other through discussion of every day (sic) problems. The addict abstains from drugs a day at a time. The organization, which does not now have any full time staff, has recently submitted a request for funds to employ staff members and keep minimal records so that the program can be expanded and evaluated. A recommendation is pending on its application for assistance.[447]

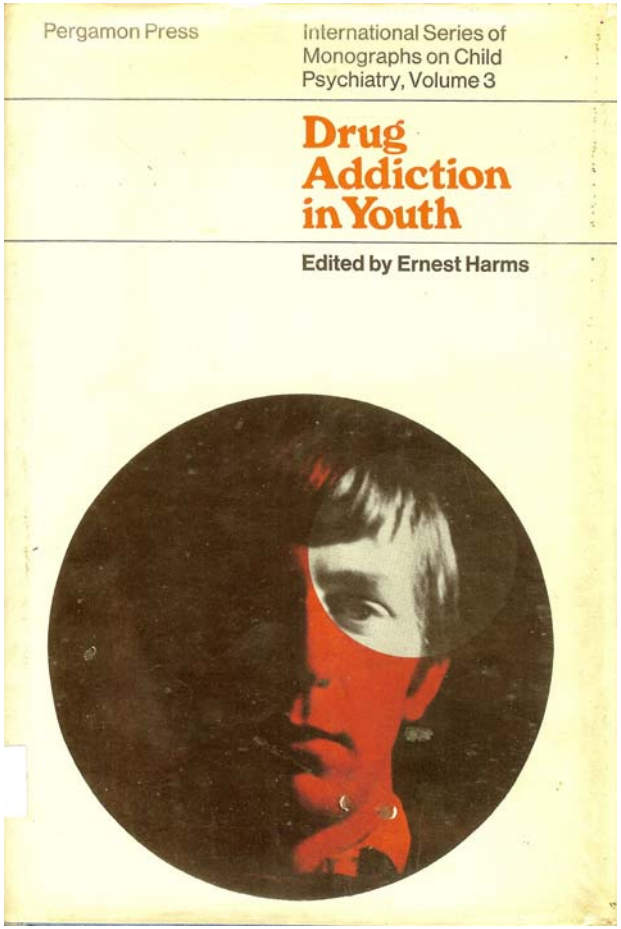
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DATE	EVENT
November 28, 1965	 *Narcotics Anonymous in Action in London* LONDON, Nov. 28 (UPI)--Narcotics Anonymous, formed at a London rally yesterday, moved swiftly into action today. It found a young man in a collapsed state in a public telephone booth after calling the group. He was suffering the agonies of withdrawal. Another caller was suffering the effects of heroin. Three others were addicted to barbiturates. "Narcotics Anonymous, formed at a London rally yesterday, moved swiftly into action today. It found a young man in a collapsed state in a public telephone booth after calling the group. He was suffering the agonies of withdrawal. Another caller was suffering the effects of heroin. Three others were addicted to barbiturates."[448] "Only a few days ago, Narcotics Anonymous, was founded in London to provide a telephone lifeline to addicts who dialed Cherrywood 1139. In less than a week, there have been 300 calls – 155 on Monday night alone. The Rev. John McNicol, a Baptist pastor, founded NA as a result of becoming aware of the drug problem 18 months ago when in a railroad compartment he happened to encounter two teen-agers in the anguish of withdrawal symptoms."[449]
1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	**The following chapter, *Our Way of Life: A Short History of Narcotics Anonymous, Inc.*, by Sherman W. Patrick, appears in the book *Drug Addiction and Youth*, edited by Ernest Harms:** "Doctor And Patient – The man who would learn the human mind will gain almost nothing from experimental psychology. Far better for him to put away his academic gown, to say goodbye to the study, and to wander with human heart through the world. There in the horrors of the prison, the asylum, and the hospital, in the drinking shops, brothels, and gambling hells, in the salons of the elegant, in the exchanges, socialist meetings, churches, religious revivals, and sectarian ecstacies (sic), through love and hate, through the experience of passion in every form in his own body, he would reap richer store of knowledge than text-books a foot thick could give him. Then would he know to doctor the sick and real knowledge of the human soul. (Excerpted from *Psychological Reflections: An Anthology of the Writings of Carl G. Jung*. Selected and edited by Jolande Jacobi (Haroer & Brothers, New York City.))

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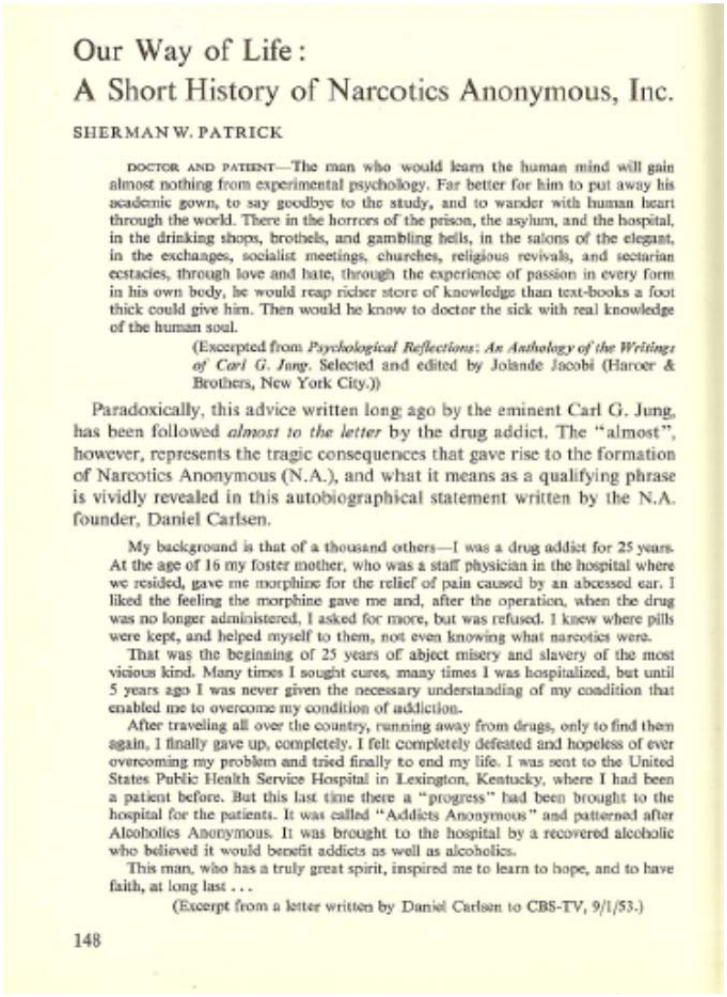
DATE	EVENT
1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	 Paradoxically, this advice written long ago by the eminent Carl G. Jung, has been followed *almost to the letter* by the drug addict. The 'almost', however represents the tragic consequences that gave rise to the formation of Narcotics Anonymous (N.A.), and what it means as a qualifying phrase is vividly revealed in this autobiographical statement written by the N.A. founder, Daniel Carlsen. My background is that of a thousand others – I was a drug addict for 25 years. At the age of 16 my foster mother, who was a staff physician in the hospital where we resided, gave me morphine for the relief of pain caused by an abcessed (sic) ear. I liked the feeling the morphine gave me and, after the operation, when the drug was no longer administered, I asked for more, but was refused. I knew where pills were kept, and helped myself to them, not even knowing what narcotics were. That was the beginning of 25 years of abject misery and slavery of the most vicious kind. Many times I sought cures, many times I was hospitalized, but until 5 years ago I was never given the necessary understanding of my condition that enabled me to overcome my condition of addiction. After traveling all over the country, running away from drugs, only to find them again, I finally gave up, completely. I felt completely defeated and hopeless of ever overcoming my problem and tried finally to end my life. I was sent to the United States Public Health Service Hospital in Lexington, Kentucky, where I had been a patient before. But this last time there a 'progress' had been brought to the hospital for patients. It was called 'Addicts Anonymous' and patterned after Alcoholics Anonymous. It

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1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	was brought to the hospital by a recovered alcoholic who believed it would benefit addicts as well as alcoholics. This man, who has a truly great spirit, inspired me to learn to hope, and to have faith, at long last…(Excerpt from a letter written by Daniel Carlsen to CBS-TV, 9/1/53.) With the discovery of this new philosophy, Mr. Carlsen found the means and the hope for an effective way to 'doctor' the sick human souls of those 'thousand others' like him. In April of 1949, 'Danny' as he was called by all who knew of him, returned from the last stay at the Federal Hospital at Lexington, Kentucky, referred to in the above quote, with a dedication to the purpose of staring an 'Addicts Anonymous,' in the New York City community. But since there was already an A.A. (Alcoholics Anonymous), he decided to call his new group Narcotics Anonymous (N.A.) to avoid confusion. While N.A. was patterned after Alcoholics Anonymous it followed the adaptation of Alcoholics Anonymous's (sic) philosophy used by Addicts Anonymous, the original group to which he belonged while in the hospital at Lexington. He had no problem finding members since he had met many addicts over the years who were, like him, seeking a way to shed the 'life' for a fresh start as legitimate contributing members of society. He also became active in public relations efforts relative to his cause, both to attract new addicts and to obtain support and aid from the public. It was thus that he met with officials at the Women's House of Detention in New York City and obtained permission to 'carry the N.A. message' to the addict offenders incarcerated there. These meetings were held each Sunday and were well attended. One woman addict explained the good attendance by pointing out that in the small, cramped and overcrowded conditions of this prison, the meetings were a welcome diversion from the monotony of prison life. 'At first we were there just to be going but then we began to think about what Danny was saying. You had to ask yourself whether it was true that this program might help you stop using drugs. It might not have done any good that first time you heard Danny but sooner or later you decided to try his way' These 'trials' were made either after release, readdiction and rearrest a few times, or occasionally as soon as the particular woman got released after hearing Danny for the first time. Through these Sunday meetings the 'word' was gradually spread to the men as well. Danny's group seemed destined to help the ever increasing number of addicts in New York. He redoubled his efforts as

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1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	 Our Way of Life: A Short History of Narcotics Anonymous, Inc. SHERMAN W. PATRICK DOCTOR AND PATIENT—The man who would learn the human mind will gain almost nothing from experimental psychology. Far better for him to put away his academic gown, to say goodbye to the study, and to wander with human heart through the world. There in the horrors of the prison, the asylum, and the hospital, in the drinking shops, brothels, and gambling hells, in the salons of the elegant, in the exchanges, socialist meetings, churches, religious revivals, and sectarian ecstacies, through love and hate, through the experience of passion in every form in his own body, he would reap richer store of knowledge than text-books a foot thick could give him. Then would he know to doctor the sick with real knowledge of the human soul. (Excerpted from *Psychological Reflections: An Anthology of the Writings of Carl G. Jung*. Selected and edited by Jolande Jacobi (Harcer & Brothers, New York City.)) Paradoxically, this advice written long ago by the eminent Carl G. Jung, has been followed *almost to the letter* by the drug addict. The "almost", however, represents the tragic consequences that gave rise to the formation of Narcotics Anonymous (N.A.), and what it means as a qualifying phrase is vividly revealed in this autobiographical statement written by the N.A. founder, Daniel Carlsen. My background is that of a thousand others—I was a drug addict for 25 years. At the age of 16 my foster mother, who was a staff physician in the hospital where we resided, gave me morphine for the relief of pain caused by an abcessed ear. I liked the feeling the morphine gave me and, after the operation, when the drug was no longer administered, I asked for more, but was refused. I knew where pills were kept, and helped myself to them, not even knowing what narcotics were. That was the beginning of 25 years of abject misery and slavery of the most vicious kind. Many times I sought cures, many times I was hospitalized, but until 5 years ago I was never given the necessary understanding of my condition that enabled me to overcome my condition of addiction. After traveling all over the country, running away from drugs, only to find them again, I finally gave up, completely. I felt completely defeated and hopeless of ever overcoming my problem and tried finally to end my life. I was sent to the United States Public Health Service Hospital in Lexington, Kentucky, where I had been a patient before. But this last time there a "progress" had been brought to the hospital for the patients. It was called "Addicts Anonymous" and patterned after Alcoholics Anonymous. It was brought to the hospital by a recovered alcoholic who believed it would benefit addicts as well as alcoholics. This man, who has a truly great spirit, inspired me to learn to hope, and to have faith, at long last . . . (Excerpt from a letter written by Daniel Carlsen to CBS-TV, 9/1/53.) 148 his contact with addicts increased and he grew alarmed because of the number of young addicts coming forth. A psychiatrist of the New York City Domestic Relations Court, Children's Division, wrote 'I've seen boys of 8 or so shorty they could barely clear the desk who stole money to buy marihuana.' It was during this time that N.A. got 'off the ground' and obtained their first meeting place. The location was a cafeteria. It features stacked chairs on tables, a floor damp from scrubbing, and a janitor who was always ready to turn out his lights for the night – the Salvation Army Lowenstein Cafeteria in Hell's Kitchen. But they *could* talk and smoke and they had a place where they could meet and could encourage one another. Danny knew that the addict would be at home in this group and that the group truly existed for the addict. So for the first time the addict was actually wanted in a positive helpful community-based program. Even in this setting, though the members *were* motivated to help themselves and others, they still had troubles and problems of all kinds. But despite the fact that their problems did not disappear, underlying remained the desire to not only help themselves but others too. In this way they strove to make the program a way of life. Following the starting of N.A., Danny Carlsen organized a group composed of parents, interested relatives, friends and

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1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	others interested in assisting addicts. This 'parents' group' provided a point of referral for the increasing number of person, particularly mothers and fathers of addicts, who were seeking a 'listening ear' even though there was little by way of service that could be offered to them. All this had become possible because Danny had met the then Major Dorothy Berry of the Salvation Army one Sunday afternoon while he visited the Women's House of Detention. It was she who made possible the first official N.A. meeting place and who personally encouraged and supported N.A. in its early days. This support, continued through the years, grew to become one of N.A.'s greatest assets. Too, the group gave the Salvation Army a source for referral in a problem area where none had existed. And during the day Danny was permitted to use Major Berry's office to carry on his program. From there he was also able to listen to the problems and concerns of addicts and their families alike. He talked with all such people who called for helping services in connection with an addiction problem. Major Berry once called this 'telephone therapy', but call it what you will it helped to fill a void in the lives of those who called. It made them feel better because they could talk freely to a sympathetic ear and in this sense it was therapeutic. Unknown to Danny and the N.A. members, the police called Major Berry as soon as it was noted that meetings were being held in a Salvation Army Cafeteria. They questioned the wisdom of the 'Army's' permitting in, but by this time Danny's reputation for sincere and honest effort was well known and could be pointed out to them. More important, the fact of Danny's abstinence was being believed in by the drug addicts so that upon learning the details of the program and its modest success, the inquiries were dropped as quietly as they were begun. Unquestionably this backhanded police endorsement was a tribute to Danny's willingness to go anywhere to help an addict, to prevent trouble and to speak to any interested group desiring him. Using the above 'shoestring' program along with his own dynamic personality, Danny gained the attention and finally the active support of a few influential people in New York City. Out of their interest, NACON, the National Advisory Council on Narcotics, Narcotics Anonymous, Inc. was born. Their prospectus, originally written in 1951, is a terse testimony to the drug addiction problem and an unpleasant reminder of how little has been accomplished in this field after more than ten years of effort:

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1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	shall remember you and your readers prayfully (sic) as we try to reconstruct our lives. With sincere thanks Rae Chairman As has been true of the many other appeals which preceded and have followed, this appeal was never answered. Yet today, more than 15 years after Danny first launched N.A., with nothing but a sincere belief that he had found an answer to the drug addict's riddle, it still survives and grows stronger. Many other efforts to help the addict have come and gone although backed by fine facilities, trained professional staff, more than adequate financial support, and often the sponsorship or even the participation of governmental agencies at various levels, these other programs have somehow failed the test. Meanwhile, with no dues, no formal by-laws, no officers other than Rae, and no membership list, N.A. goes on. Its successes are enumerated only by the hundreds of cards which are sent to Rae each Christmas by those who have 'made it' and who, because of their unforgivable past, must *remain* truly 'anonymous'. Those who are working out their personal riddle still meet at the West 23rd Street Y.M.C.A. in New York City each Wednesday night. This meeting is open to all, including the general public. There is rarely a week when visitors are not present to see, to ask questions and to learn. They have welcomed the clergy, students, city state and federal police, court officers, medical men, psychiatrist, writers and reports and average citizens alike, with graciousness and a willingness to share their lives and their hopes. In addition, they hold weekly meetings in Brooklyn and Bronx, as well as at several locations in New Jersey. Too, the original Sunday meetings at the 'House' continue and are now complimented by meetings at other prisons in and around New York City. Nor is this all; Rae has established groups in 14 cities in 10 states and territories of the United States and in 3 foreign countries in her efforts to spread the N.A. message, so that today N.A. boasts some 24 groups or 'chapters' as they are called. She has bared the horrors and heartaches of her personal life in her quest to spread the N.A. message via

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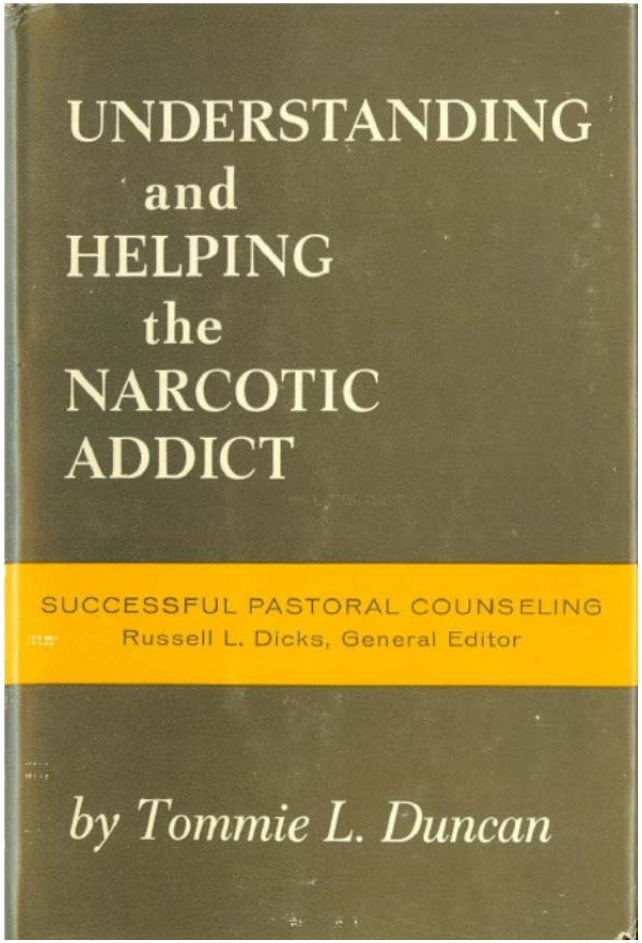
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1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	longer'. Those who are newcomers are shy and curious while others in the infancy of a new self-confidence reach out to embrace them. All quickly find common ground in the one criterion required of reach (sic) – *a sincere desire to cease drug use*. First, they restate their commitment in the form given above (by the Newsletter) and then they take up the business of the meeting: helping each other by sharing their problems and seeking solutions for them. Such problems can range from finding money to pay a night's lodgings for someone newly released from prison or hospital, to whether one should tell a prospective employer about a drug history. And solutions are found, but 'passing the hat', by recounting a similar experience and its outcome or by simply listening sympathetically while the troubled person verbally runs through his own dilemma. There is time, too, for answering the questions of visitors, honestly and fully. Only first names are used and each member's right to silent introspection is respected. Available for added counsel upon request are members of the clergy who donate their time. Since N.A. is non-sectarian, Catholic, Protestant and Jew are each represented and each clergy man gives unselfishly of himself without regard to the religion of the asker. An N.A. 'closed' meeting is held weekly at 'Fellowship House' mentioned above in connection with the N.A. Newsletter. This meeting is for 'clean' addicts only, and none other is allowed save the clergy, and more recently one social worker who donates time to further implement the therapeutic purpose for which this meeting is held. In addition to following the opening format cited already, members at these meetings examine their progress in the 'Thirteen Steps'. Each individual takes each step in turn according to his own progress and ability to 'accept' and thereby achieve a 'spiritual awakening' and entrance into a new life free from drugs. His examination is made aloud with the aid of his fellows and includes a clear understanding of the *meaning* of the step, its purpose, and how it applies in his own life. Thus these meetings are poignant, and soul-searching, reaching an intensity level equal to deepest psychotherapy. It is here too, that the leaders of the group are schooled in how to run a meeting, meet the public, and above all to help their fellow members. They 'get out' the paper, discuss N.A. business, report on the various chapter activities and pool their meager resources to help those who have 'slipped' to try again. When Rae and the other N.A. members look back over the 16 years of the N.A. program, it is which (sic) a new sense of

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1965 **Our Way of Life: A Short History of Narcotics Anonymous, Inc.**	dignity and accomplishment which few can match or comprehend. They do not claim to have a panacea for all drug addicts, but as they say: 'we know that through *Our Way of Life* some addicts can stop using drugs, and if it's only one in twenty or even thirty that's more than enough to keep us together and trying.' And it's surely more than anyone else has done to date. In the face of this monument to one man's faith, one cannot help but wonder how much more N.A. will do if it ever gets the financial support and open encouragement afforded the many other drug addiction service programs. It's a challenging story and a challenging thought, isn't it?"[450]
1965	**The following appears in chapter eight "Other Groups Helping The Addict" from the book *Understanding and Helping the Drug Addict*:** "Some addicts are cared for by nongovernmental agencies and groups. The programs of these groups vary according to their own orientation and understanding of the problem of addiction. This chapter briefly describes some of these groups and their programs. *Narcotics Anonymous* Narcotics Anonymous was organized in 1948. It was patterned after Alcoholics Anonymous. By substituting the term *narcotics* for *alcohol*, Narcotics Anonymous has been able to utilize the Alcoholics Anonymous theory of rehabilitation. Members meet in groups to discuss their problems with drugs and to apply the principles of Alcoholics Anonymous (Narcotics Anonymous) to their lives. However, Narcotics Anonymous has not met with the same degree of success as has Alcoholics Anonymous. Outside the correctional institutions only a few Narcotics Anonymous Clubs have been functioning for a considerable period of time. Many reasons are given for their lack of success. Some reasons are: 1. Addicts themselves say that discussing drugs in all-addict groups is in itself a hazard for the addict. Many relate incidents of meeting in just such groups – and after talking about drugs for some time the whole group went out and fixed.

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1965	2. Sometimes pushers go to addict meetings. They may start out by saying that they want to quit using drugs themselves, but after the discussion gets started, they begin to talk about how good it would be to have a fix. Other addicts report of pushers waiting outside the door of a meeting to taunt and tease the groups as they leave the meeting and tell them that they will be waiting for them when they need a fix. 3. Sometimes members of the narcotic squad attend Narcotics Anonymous meeting. This inhibits addicts from talking about themselves. One of the objectives of the Alcoholics Anonymous Program is to get the alcoholic up before the group as soon as he is able to stand and encourage him to tell all about his problem with alcohol. If the addict gets up and tells all about his problem with drugs, and is heard by a policeman, he may run the risk of being arrested. The reader will want to remember that the alcoholic can tell all about going down to the corner package store and purchasing liquor, sharing it with anyone, and drinking it himself until he went into a stupor. So long as he had money to pay for the liquor and did not steal it or create a disturbance while drinking it, nothing is said as far as the law is concerned. The addict, however, cannot tell of his going out to buy drugs. If he does, he is confessing to a crime (possession of illegal drugs is both a state and Federal offense). He also implicates the seller (state and Federal offense for selling illegal drugs).



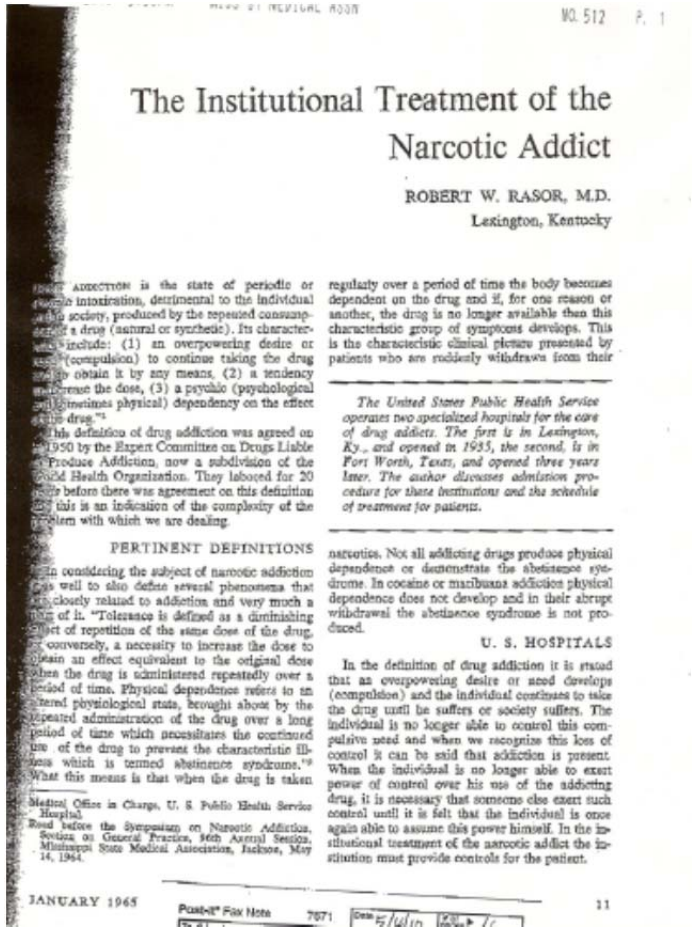
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1965	4. Some addicts say that, as a general rule, addicts are so dependent that they are unable to provide the strength essential to maintaining a group. The addict seems to run from stress and tension and is unable to tolerate conflict that arises in groups. After a confrontation in a group meeting the addict will miss a meeting or tow, then begin to rationalize (at which he is very adept). Before he knows it, he is using drugs again and feels too ashamed to return to the group. Considering the length of time Narcotics Anonymous has been in existence and the fact that there are so few active Narcotics Anonymous groups, it is obvious that Narcotics Anonymous has not met with the great success in rehabilitating the narcotic addict that the parent group, Alcoholics Anonymous, has enjoyed in rehabilitating the alcoholic. In my opinion, this lack of success is not a reflection upon the principles or the philosophy of Narcotics Anonymous. Rather, it is due to the differences in the personalities of the addict and alcoholic. Narcotics Anonymous can probably be of significant value if there are a few reasonable strong persons in the group who can set structures and limitations for the others. These leaders must be free from drugs. They must be strongly motivated to remain free of drugs. They must be able to confront others in the group and challenge them to a life without narcotic drugs. If an addict will give himself over to the program of Narcotics Anonymous and accept and practice the 'Twelve Steps,' the program will work and the addict will find a way of life free of narcotic drugs. One of the most significant facets of the Narcotics Anonymous program is its companion group, Nar-anon. This group is made up of the wife or husband, parents or children of addicts. The purpose of their meeting is to learn about the problems of addiction and how they can more effectively live with and be helpful to the addict. I have had server conversations with Nar-anons. All have been very enthusiastic about their program as well as that of Narcotics Anonymous. The parents of a young addict once said, 'It's the greatest thing that ever happened to us. We are actually learning about ourselves in Nar-anon. Now that we are beginning to understand ourselves, we are beginning to understand our son. We have noticed that his relationship with us is changing. He is sharing more with us. We are aware that it is just not him that is changing. We are changing too, and we like it."[451]

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1965	"Narcotics Anonymous. City-wide group meetings in at least four locations."[452]
1965	**The following excerpt is from an article titled "The Institutional Treatment of the Narcotic Addict" that appeared in the *Journal of the Mississippi State Medical Association*:** "The patients themselves also conduct an Addicts Anonymous program similar to the Alcoholics Anonymous program. This program has been in operation for almost 15 years and has been proven quite effective with many patients. This group receives the support of the hospital staff, but the program is entirely their own."[453]



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The Institutional Treatment of the Narcotic Addict

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ADDICTION is the state of periodic or chronic intoxication, detrimental to the individual and society, produced by the repeated consumption of a drug (natural or synthetic). Its characteristics include: (1) an overpowering desire or need (compulsion) to continue taking the drug and to obtain it by any means, (2) a tendency to increase the dose, (3) a psychic (psychological and sometimes physical) dependency on the effect of the drug."[1]

This definition of drug addiction was agreed on in 1950 by the Expert Committee on Drugs Liable to Produce Addiction, now a subdivision of the World Health Organization. They labored for 20 years before there was agreement on this definition and this is an indication of the complexity of the problem with which we are dealing.

PERTINENT DEFINITIONS

In considering the subject of narcotic addiction it is well to also define several phenomena that are closely related to addiction and very much a part of it. "Tolerance is defined as a diminishing effect of repetition of the same dose of the drug. Conversely, a necessity to increase the dose to obtain an effect equivalent to the original dose when the drug is administered repeatedly over a period of time. Physical dependence refers to an altered physiological state, brought about by the repeated administration of the drug over a long period of time which necessitates the continued use of the drug to prevent the characteristic illness which is termed abstinence syndrome."[2] What this means is that when the drug is taken regularly over a period of time the body becomes dependent on the drug and if, for one reason or another, the drug is no longer available then this characteristic group of symptoms develops. This is the characteristic clinical picture presented by patients who are suddenly withdrawn from their narcotics. Not all addicting drugs produce physical dependence or demonstrate the abstinence syndrome. In cocaine or marihuana addiction physical dependence does not develop and in their abrupt withdrawal the abstinence syndrome is not produced.

The United States Public Health Service operates two specialized hospitals for the care of drug addicts. The first is in Lexington, Ky., and opened in 1935, the second, is in Fort Worth, Texas, and opened three years later. The author discusses admission procedure for these institutions and the schedule of treatment for patients.

Medical Officer in Charge, U. S. Public Health Service Hospital.
Read before the Symposium on Narcotic Addiction, Section on General Practice, 96th Annual Session, Mississippi State Medical Association, Jackson, May 14, 1964.

U. S. HOSPITALS

In the definition of drug addiction it is stated that an overpowering desire or need develops (compulsion) and the individual continues to take the drug until he suffers or society suffers. The individual is no longer able to control this compulsive need and when we recognize this loss of control it can be said that addiction is present. When the individual is no longer able to exert power of control over his use of the addicting drug, it is necessary that someone else exert such control until it is felt that the individual is once again able to assume this power himself. In the institutional treatment of the narcotic addict the institution must provide controls for the patient.

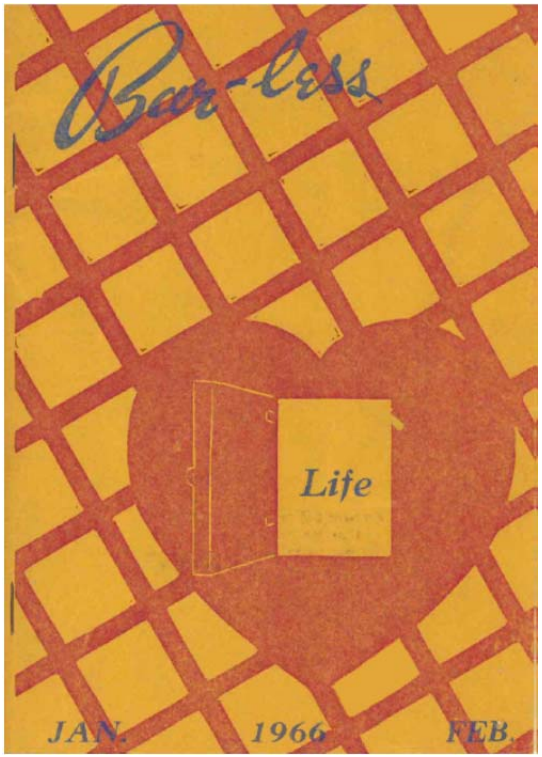
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1965

DATE	EVENT
1965	**The following excerpt is from the book *The Addict and the Law*, by Alfred R. Lindesmith:** "…The main objective of the bulk of these private, semiofficial, or experimental programs may fairly be described as seeking ways of counteracting evil effects created by the official program. Two of the more permanent organizations of this nature are Narcotics Anonymous and Synanon. Both are self-help organizations in which addicts encourage each other to quit and stay off drugs. The former is modeled after Alcoholics Anonymous. The latter has also been influenced by A.A. but has developed a unique and highly interesting program of its own. Synanon's headquarters are in a large old building on the Santa Monica beach. From there it has spread to a number of other localities and the number of members has increased appreciably but does not exceed more than a few hundred. Statistics of a reliable nature concerning the effectiveness of Synanon and Narcotics Anonymous are not available and very extravagant claims are made, especially for the former. Narcotics Anonymous groups exist in a number of prisons as well as outside."[454] p. 295-296
1965	Jimmy attends "a drug conference held in about 1965 by state and local officials…A byproduct of the conference was a decision by the University of California at Berkeley to initiate a research and service program for drug addicts, which included an invitation to some NA members to become involved as employees. That invitation was extended about the spring of 1966."[455]

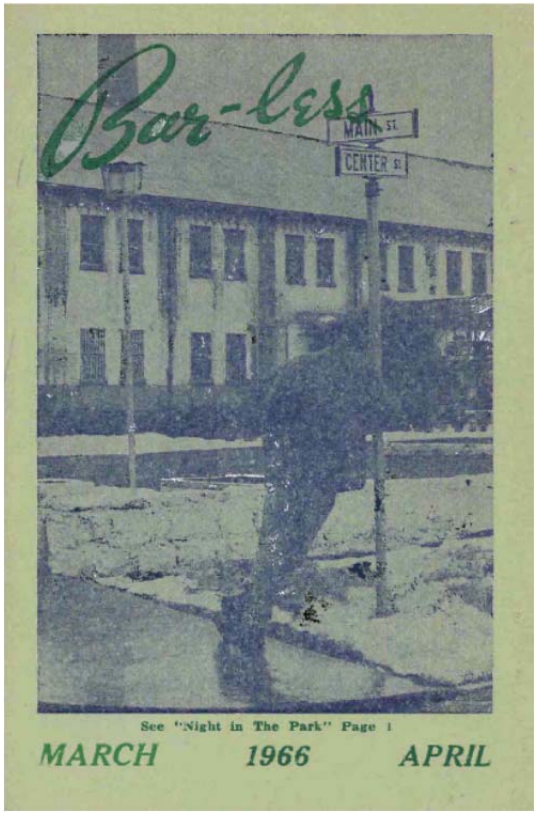
Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1966

DATE	EVENT
January 12, 1966	***The Baltimore Sun*, covering two young addicts, reports:** Sylvester Dunn, "of the 2600 block of Monument street, is taking part in a narcotics anonymous program conducted by the Rev. Harry J. Maloney, S.S. J., pastor of St. Francis Xaviar Church, at Gay and Caroline streets. Father Maloney said Dunn is 1 of 116 addicts who meet at the church on Wednesdays. Over 50 per cent of these men are entirely free of drugs."[456]
Jan. – Feb. 1966	 *Bar-less*, a prison newsletter from Michigan City, IN, features a story about addicts being accepted into Narcotics Anonymous. Once a member, inmates are assigned to one of two therapy groups as a routine but compulsory matter. "The Group therapy process here is modeled after the practice at Synanon."[457]

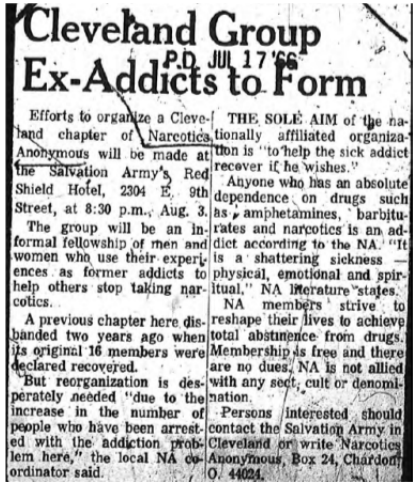
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1966

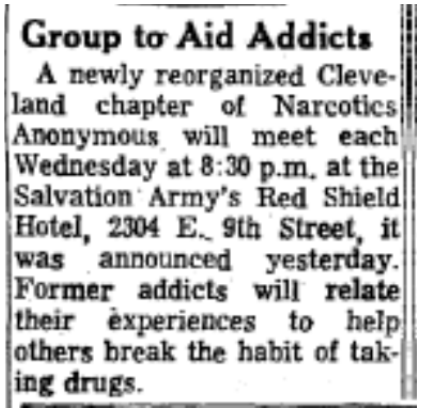
DATE	EVENT
March – April 1966	The March – April issue of *Bar-less* features a reprint of an article titled "Narcotics Anonymous Successful." This article was written by Don C., Littlefield, M.D. of the California Rehabilitation Center and originally appeared in the Medical Tribune. Interestingly, the only place that Narcotics Anonymous appears is in the title of the story.[458] 
Spring 1966	The University of California at Berkeley hires a number of NA members to work for the Addiction Center ("Ad Center" for short). "A fairly strong contingent moved north to participate, including, Charlotte R., Mary V., Sylvia, her brother Richard and Scott K…Here they worked with addicts on methadone, those who were about to be released from prison, and street addicts."[459]

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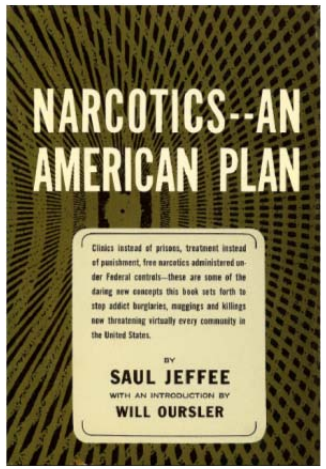
1966

DATE	EVENT
May 19, 1966	**The following excerpt is from testimony given by Dr. Robert W. Rasor, Medical Officer in Charge, U.S. Public Health Service Hospital, Lexington, KY, at The Narcotic Rehabilitation Act of 1966, Hearings Before a Special Subcommittee of the Committee on the Judiciary, United States Senate, Eighty-Ninth Congress, Second Session** "The patient may also be assigned to individual or group therapy and he may participate in a recreational program or in a spiritual program conducted by one of the chaplains or a program such as Addicts Anonymous or occupational therapy."[460]
July 17, 1966	**The following article, "Cleveland Group Ex-Addicts to Form," appears in the *Cleveland Plain Dealer*:**  Cleveland Group Ex-Addicts to Form P.D. JUL 17 '66 Efforts to organize a Cleveland chapter of Narcotics Anonymous will be made at the Salvation Army's Red Shield Hotel, 2304 E. 9th Street, at 8:30 p.m., Aug. 3. The group will be an informal fellowship of men and women who use their experiences as former addicts to help others stop taking narcotics. A previous chapter here disbanded two years ago when its original 16 members were declared recovered. But reorganization is desperately needed "due to the increase in the number of people who have been arrested with the addiction problem here," the local NA coordinator said. THE SOLE AIM of the nationally affiliated organization is "to help the sick addict recover if he wishes." Anyone who has an absolute dependence on drugs such as amphetamines, barbiturates and narcotics is an addict according to the NA. "It is a shattering sickness — physical, emotional and spiritual," NA literature states. NA members strive to reshape their lives to achieve total abstinence from drugs. Membership is free and there are no dues. NA is not allied with any sect, cult or denomination. Persons interested should contact the Salvation Army in Cleveland or write Narcotics Anonymous, Box 24, Chardon, O. 44024. "Efforts to organize a Cleveland chapter of Narcotics Anonymous will be made at the Salvation Army's Red Shield Hotel, 2304 E. 9th Street, at 8:30 p.m., Aug. 3. The group will be an informal fellowship of men and women who use their experiences as former addicts to help others stop taking narcotics. A previous chapter her disbanded two years ago when its original 16 members were declared recovered. But reorganization is desperately needed 'due to the increase in the number of people who have been arrested with the addiction problem here,' the local NA coordinator said. The sole aim of the nationally affiliated organization is 'to help the sick addict recovery if he wishes.' Anyone who has an absolute dependence on drugs such as amphetamines, barbiturates and narcotics is an addict according to the NA. 'It is a shattering sickness – physical, emotional and spiritual,' NA literature states. NA members strive to reshape their lives to achieve total abstinence from drugs. Membership is free and there are no dues. NA is not allied with any sect, cult or denomination. Persons interested should contact the Salvation Army in Cleveland or write Narcotics Anonymous, Box 24, Chardon, O. 44024."[461]

1966

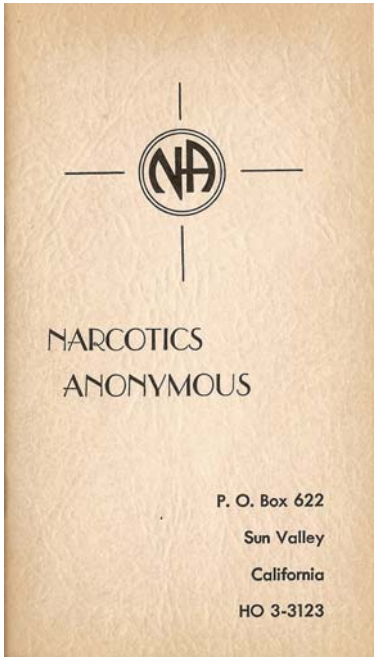
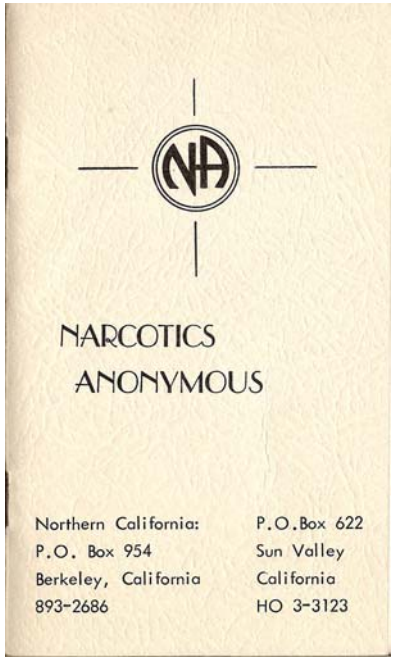
DATE	EVENT
August 1, 1966	**The following article, "Former Addicts Here Organize," appears in *The Plain Dealer*:** The first meeting of a new chapter of Narcotics Anonymous will be Wednesday at 8 p.m. at the Salvation Army's Red Shield Hotel, 2304 E. 9th Street. During informal sessions former addicts will draw upon their experiences to help others break the drug habit. Interested persons may attend the meeting or inquire by writing Post Office Box 2510, East Cleveland."[462]  **Former Addicts Here Organize** The first meeting of a new chapter of Narcotics Anonymous will be Wednesday at 8 p.m. at the Salvation Army's Red Shield Hotel, 2304 E. 9th Street. During informal sessions former addicts will draw upon their experiences to help others break the drug habit. Interested persons may attend the meeting or inquire by writing Post Office Box 2510, East Cleveland.
August 6, 1966	 **Group to Aid Addicts** A newly reorganized Cleveland chapter of Narcotics Anonymous will meet each Wednesday at 8:30 p.m. at the Salvation Army's Red Shield Hotel, 2304 E. 9th Street, it was announced yesterday. Former addicts will relate their experiences to help others break the habit of taking drugs. **"Group to Aid Addicts" appears in *The Plain Dealer*:** "A newly reorganized Cleveland chapter of Narcotics Anonymous will meet each Wednesday at 8:30 p.m. at the Salvation Army's Red Shield Hotel, 2304 E. 9th Street, it was announced yesterday. Former addicts will relate their experiences to help others break the habit of taking drugs.[463]

1966

DATE	EVENT
September 19, 1966	**Article in *The Plain Dealer* about the Salvation Army reports:** "The E. 9th Street building is still owned by the army and houses its Harbor Light Center, Red Shield Hotel for pensioners and rooms for Narcotics Anonymous."[464]
October 23, 1966	**An article in the *Chicago Tribune* discusses Citizens for the Understanding and Rehabilitation of Addicts (C.U.R.A.):** "Americans are taking a new look at the problem of narcotics addiction, according to the Rev. Bruce Wheeler, director of Citizens for the Understanding and Rehabilitation of Addicts (C.U.R.A.)…Father Wheeler supervises a twice-weekly Narcotics Anonymous program at St. Leonard's House, 2100 Warren blvd. He also counsels addicts in the House of Correction, 2800 S. California av… …Narcotics Anonymous was started in 1963 by the Rev. Cosmas Herndel, Catholic chaplain in the House of Correction. Father Wheeler took over as advisory for the Father Herndel left Chicago. The group is a branch of St. Leonard's House, where ex-convicts live and seek help in finding jobs and adjusting to civilian life."[465]
Late 1966	The first Narcotics Anonymous meeting in Northern California is formed in Berkeley.[466]
1966	NYC NA mentioned in Saul Jeffe's *Narcotics: An American Plan*[467] 

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1966

DATE	EVENT
1966	NA fellowship has 10 meetings[468]
1966	During 1966, the trustees selected personal stories to add to the booklet Narcotics Anonymous, commonly referred to by the fellowship as *The White Book*, or *The Little White Book* (or Booklet). The first stories included were *We Do Recover* (Jimmy K.), *One Third of My Life* (Phil P.), *I Can't Do Any More Time* (Penny K.), *One Woman's Story* (Betty G.), *The Vicious Circle* (Gene H.), *Something Meaningful* (Bob B.), *Just for Today*[469]  
1966	The fellowship had maintained the same telephone number for a long time at an answering service where twelve step calls were received. The 1966 list of volunteers includes thirty typed names and eight written on the end. The greatest number of volunteers were in the Valley or in the beach cities from Santa Monica to Long Beach.[470]

1967

DATE	EVENT
1967	**The following excerpt is from *Report on the Treatment of Drug Addiction* by Jonathan O. Cole, M.D., a consultant's paper in the *Task Force Report on Narcotics and Drug Abuse of the President's Commission on Law Enforcement and Administration of Justice*:** "Voluntary Treatments Four major voluntary treatment settings exist: 1. *Medical-psychiatric*. A number of hospitals will admit heroin addicts on a voluntary basis for detoxification with or without other treatment modalities being applied. These may be utilized by addicts under legal pressure to avoid trial and imprisonment and, thus, resemble voluntary commitment but without quite as much pressure for cooperation in long-term treatment. Addicts may seek hospitalization to reduce the size and cost of their habit without any motivation for a real cure. They may also be used by addicts really wanting help. The efficacy of such programs may be quite different for each of the three groups of patients. 2. *Synanon-type Programs*. Several primarily non-medical programs exist which utilize ex-addict personnel and group pressures and therapeutic community and interpersonal confrontation techniques to help addicts face their problems and change their behavior. 3. *Addicts Anonymous*. This voluntary group program modeled after Alcoholics Anonymous provides group meetings and interpersonal support. 4. *Religious Program*. These rely on religion as a major motivation for abstinence."[471] p. 136
1967	NA fellowship has 15 meetings[472] Another source reports: "By the end of 1967, the fellowship had about thirteen meetings."[473]
1967	"In Victoria, British Columbia, Canada, in 1967, a meeting was started, but only one member, James D., was able to stay clean."[474]

1967

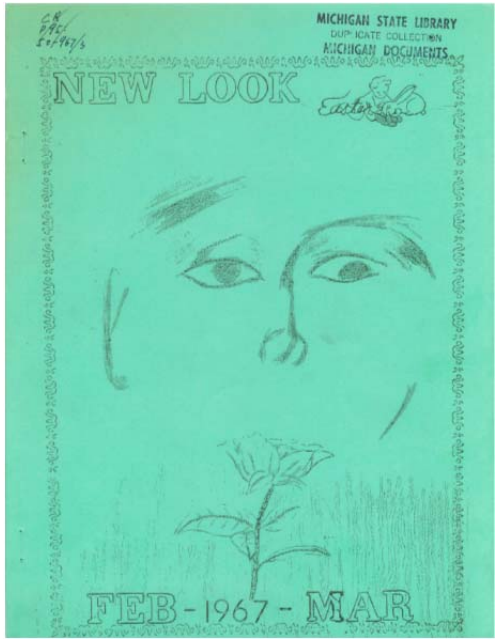
DATE	EVENT
1967	**The following excerpt is from "Services for the prevention and treatment of dependence on alcohol and other drugs," a report of the published by the World Health Organization Expert Committee on Mental Health in the United Nations Office on Drugs and Crime *Bulletin on Narcotics*:** "Treatment and rehabilitation The treatment of persons dependent on alcohol, with the best methods available, has produced encouraging results. Marked improvement or social recovery has been reported in up to 50-70 per cent of cases, depending mainly on the underlying personality of the person treated. The proportion of therapeutic failures is generally higher among abusers of other drugs, but social and cultural factors and the extent of dependence on a particular drug within the population also affect the treatment results. There are many principles that are equally valid in the treatment of persons dependent on alcohol and those dependent on other drugs. An important fact, often overlooked, is that detoxification of the dependent person is only one aspect of the total treatment process. Indeed, this measure is less time-consuming and difficult than the other essential therapeutic steps. Intensive treatment of psychological dependence and of drug-induced and other physical disorders, social and vocational rehabilitation, and long-continued follow-up through supportive and consultative services are all needed in the majority of cases if the dependent person is to have an optimum chance of living his life free of drugs as a productive citizen. Nor must non-relapse into dependence on alcohol or other drugs be considered as the sole criterion of effectiveness of the therapeutic regime. Improved interpersonal relations, working patterns and satisfactions in living must also be used as criteria in judging therapeutic results. Another common principle is the need for teamwork. The therapy of dependence on alcohol and other drugs requires very close collaboration between many professional disciplines and voluntary and official agencies, as discussed on page 48. The medical practitioner, social worker, clinical psychologist, nurse, clergyman, probation officer, local authorities, the patient's family, and organizations such as Alcoholics Anonymous or Narcotics Anonymous all have their parts to play and consequently all need to be well informed on the subjects of alcoholism and drug dependence. However, the treatment of persons dependent on alcohol and other drugs is, or should be, to a large extent a medical problem. The physician-general practitioner, psychiatrist or other medical specialist-must assume ultimate responsibility

DATE	EVENT
1967	for the medical treatment of the patient. Nevertheless, the other groups mentioned above have important contributions to make. Indeed, during certain phases of treatment, members of the therapeutic team other than physicians may appropriately carry the major therapeutic role. Non-medical personnel may well bear the ultimate responsibility for the rehabilitation phase (which overlaps with treatment). Many forms of treatment of alcohol dependence have achieved success in the hands of therapists representing various disciplines and philosophies. However, the therapist's basic attitude to the problem and to the dependent patient is probably more important than particular treatment techniques, especially following detoxification. It is essential, in treating persons with all forms of dependence on alcohol and other drugs, that the therapist should accept the patient, emotionally as well as intellectually, as a sick person and avoid a moralistic and condemnatory attitude. While he must help the patient to face reality and accept responsibility for his own actions, the therapist must avoid attitudes of rejection, which only serve to reinforce the dependent person's own feelings of guilt, isolation and hopelessness and drive him even further towards his pathological adaptation to life and his tendency to abuse of alcohol or other drugs. On the basis of present knowledge, treatment should usually start with withdrawal of the drug. This should be abrupt and complete in the case of drugs such as the central nervous system stimulants, cannabis, hallucinogens and alcohol, but gradual (measured in days or weeks rather than months) in the case of drugs such as the opiates and the barbiturates. After withdrawal of the drug and a diagnostic evaluation of the factors that are of importance in a given case, the patient should be treated with a combination of the available psychological, physical (including pharmaceutical) and social methods best suited to his individual needs. This process may well have to be continued for months or even years. It overlaps with the rehabilitation phase, which in turn overlaps with follow-up services, during which the patient is assisted in the process of learning to live contentedly and usefully without relying on alcohol or other drugs. Long-range plans for treatment, rehabilitation and long-continued support are absolutely essential. Individual and group psychotherapy have both been employed in the treatment of persons dependent on alcohol and other drugs. Group therapy has found increasing application in such treatment for a number of reasons, such as the need that these patients have for re-socialization, their feeling of isolation, their need to identify and to achieve a feeling of belonging among people with the same affliction and with similar underlying problems, and the opportunity that group therapy provides for support by group members in times of crisis.

1967

DATE	EVENT
1967	Following the example of Alcoholics Anonymous (A.A.), similar bodies have been formed with the aim of helping persons dependent on other drugs, such as 'Narcotics Anonymous,' 'Synanon,' and many others. Many persons dependent on alcohol and some persons dependent on other drugs have been helped by these organizations without any medical assistance, others with medical collaboration. Where hospital or outpatient treatment is available, the main value of these organizations is in the case-finding and rehabilitation phases. The attitude of the family is of great importance in the after-care period. Relatives' groups, guided by the physician, social worker, clinical psychologist, nurse, clergyman or other trained worker, can be of great benefit. Not all drug-dependent persons - and certainly not all those dependent on alcohol - require hospital care. The rest may be treated either at home by the family doctor, or at outpatient clinics. However, a drug-free environment is often essential in the early phase of treatment. Alcohol-dependent persons requiring hospitalization have been found to benefit greatly from a therapeutic community unit run on permissive lines and operated to a large extent by the patients themselves, who thus learn responsible living. This approach may also prove useful to other drug-dependent persons, although sometimes a less permissive arrangement may be required. Dependence on alcohol and other drugs is essentially a relapsing illness but, as stated earlier, relapse is not to be considered as indicating therapeutic failure. When relapse does occur, it should be seen as a challenge to try again. The majority of persons who have recovered from dependence on alcohol or other drugs have succeeded only after a number of relapses. The therapist frequently has to be satisfied with achieving a limited goal. The Committee then discusses existing types of services for personas dependent on alcohol and other drugs, and notes that they vary widely in the degree to which they have been planned and implemented. As far as narcotic drugs are concerned, the major national approach to their abuse has been one of criminal penalties 'which have steadily been increased without differentiating between traffickers and addicts or between heroin and cannabis.' The report discusses combined services for persons dependent on alcohol and other drugs, services exclusively concerned with alcohol dependence or with dependence on other drugs. In the establishment of such services the report points to a pilot centre as one of the best methods with which to begin finding out about local problems of dependence. Ideally, treatment of high quality should be made available through an adequate variety of facilities to all who suffer through alcohol or drug dependence."[475]

1967

DATE	EVENT
1967	**The following excerpt appears in *State Correctional Institutions for Adults*:** "g) *Bridges to the Community* In an effort to break up the abysmal isolation of the correctional institution, many jurisdictions are attempting to involve the outside work in institutional programs. Alcoholics Anonymous, Narcotics Anonymous, Dale Carnegie, the Jaycees, the Bad Check Association, Synanon, Opportunities, Inc. (in which businessmen find jobs for inmates), community theaters, athletic clubs, and many other groups are all regularly welcome in many institutions."[476] (**Author's note:** It is unclear from the context of this article which version of NA they are referring to).
Feb./ March 1967	 The *New Look* magazine, written by the N.A. group at the Southern Michigan Prison in Jackson, Michigan reports the decision to break the 50 member group into three smaller groups. "The main purpose for this was to give each man, as an individual, a better opportunity for expressing his views. Also, this will aid him in receiving more better ideas concerning personal problems as well as problems of the group.[477]

1967

DATE	EVENT
July 9, 1967	Bill B., whose story in the *Basic Text* "Fat Addict," gets clean. Bill would later become a member of the Board of Trustees. He was instrumental in founding the Chrysalis Foundation, which established a residential facility for addicts. The program had a strong connection to NA meetings and NA philosophy.[478]
Fall 1967	"In the fall of 1967, Steve B., an NA member from Southern California, moved to Sebastopol, north of San Francisco. He soon started a meeting with the help of three guys in AA in the nearby town of Cotati, but within a month moved it to St. Sebastians Church in Sebastopol. It was small at first, but the AA folks came over to support it, and a nearby halfway house would occasionally send people. Steve would take a bus on Fridays for a two hour ride each way to go to meetings in San Francisco, and on another evening to the Berkeley meeting. Every once in awhile those folks would come up to his meeting. But after more than two years, the meeting folded. Steve went to AA for several years before starting NA again."[479]
October 1967	A "N.A. Page" appears in the *Golden Gopher*, a publication of and for the Golden Gopher AA Group held in the Federal Correctional Institution in Sandstone, MN. It is submitted for the NA group and written by Simon Dalton.[480] 

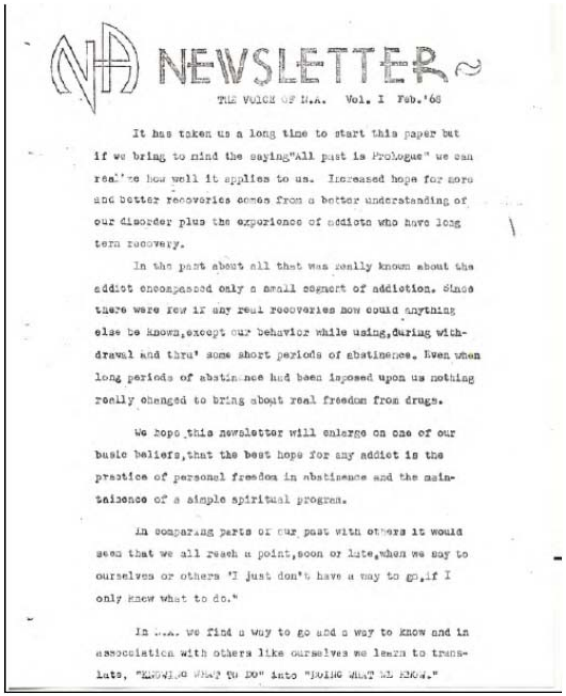
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DATE	EVENT
October 1967	The first "unofficial" meeting of Narcotics Anonymous is held at Louisiana State Penitentiary, located in Angola. It is not affiliated with West Coast NA. "Fourteen addicts were present. At this meeting the organization was given the name Narcotics Anonymous. The fourteen men at this first meeting became the Planning Committee."[481]
December 16, 1967	The first general membership meeting of Narcotics Anonymous at Louisiana State Penitentiary is held. They publish a newsletter titled *Speaks Out*.[482] Note Standifer, Cox and Poimboeuf date the first "general membership" meeting as December 15th.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1968

DATE	EVENT
January 1968	Narcotics Anonymous at Louisiana State Penitentiary elect the first Chairman, Co-Chairman, and Secretary-Treasurer. Also, various committees are formed.[483]
January 23, 1968	"Tops in Radio Today" in *The Plain Dealer* reports: "11 P.M., Studio 13 – Were – Members of Narcotics Anonymous discuss drug addiction."[484]
February 1968	**The first issue of *The Voice of NA* (later *The Voice*) is published:** This 10 page newsletter includes a reprint from Dr. David Stewart's book Thirst For Freedom. Jimmy's writing, Another Look, also appears in the newsletter. *Another Look* is influenced by *Thirst For Freedom*. Also included is a Statement of Purpose and Aims of the Newsletter, which include: 1. To share our experience, strength and hope with the addict who still suffers 2. To better carry the message of recovery thru' the "Voice" of conscience 3. To provide better communication with the written word 4. To build up a source of information, that will provide material for future literature, based on a cross section of personal experience 5. To hopefully provide another means for personal and Fellowship growth thru' creative action 6. To help in establishing our own Publishing Co. named "C A R E" Letters standing for: C – Compassion A – Action R – Respect E – Empathy The address listed for *The Voice* is P.O. Box 622, Sun Valley, California.[485]



NEWSLETTER

THE VOICE OF N.A. Vol. I Feb.'68

It has taken us a long time to start this paper but if we bring to mind the saying"All past is Prologue" we can real'ze how well it applies to us. Increased hope for more and better recoveries comes from a better understanding of our disorder plus the experience of addicts who have long term recovery.

In the past about all that was really known about the addict encompassed only a small segment of addiction. Since there were few if any real recoveries now could anything else be known,except our behavior while using,during withdrawal and thru' some short periods of abstinence. Even when long periods of abstinence had been imposed upon us nothing really changed to bring about real freedom from drugs.

We hope this newsletter will enlarge on one of our basic beliefs,that the best hope for any addict is the practice of personal freedom in abstinence and the maintainence of a simple spiritual program.

In comparing parts of our past with others it would seem that we all reach a point,soon or late,when we say to ourselves or others "I just don't have a way to go,if I only knew what to do."

In N.A. we find a way to go and a way to know and in association with others like ourselves we learn to translate, "KNOWING WHAT TO DO" into "DOING WHAT WE KNOW."

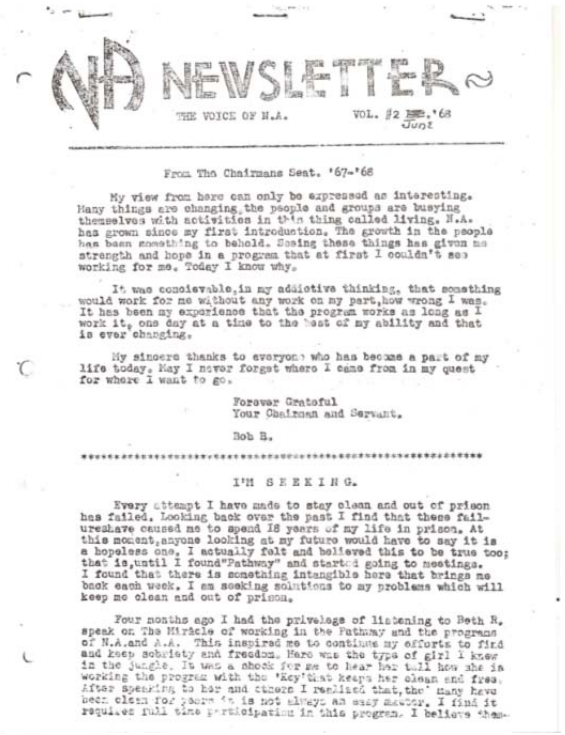
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1968

DATE	EVENT
April 1968	April Issue of *A.A. Grapevine* "I used AA to Kick Drugs" D.S. from Santa Monica, CA describes how she has used AA to recovery from drug addiction.[486]
April 1968	The Editor of the September 1968 issue of *The New Look* reports an article written by Dr. Robert W. Rasor in the April issue of *The Key*. This is the latest known date for the publication of *The Key* by the Addicts Anonymous group in Lexington, KY.[487]
Approximately 1968	**The following reference is from the *Plain Dealer* article "Former Clevelander Gets Prison Award," dated December 31, 1969:** "John J. Lew, 58, a former Clevelander and now senior officer specialist at the federal penitentiary in Terre Haute, Ind…has been with the prison service for 20 years and about two years ago started a narcotics anonymous counseling program for prisoners at Terre Haute. It is a group therapy program…about eight to 10 men who were addicts get together and discuss their problems."[488]
May 3, 1968	**The following announcement appears in the "Sunday Selections" of the *Plain Dealer* for May 5, 1968:** "6:30 P.M., HAPPENING HERE, CH. 8 – Members of Narcotics Anonymous are interviewed. Martin Ross, host."[489]
June 1968	**The second issue of *The Voice of NA* (later *The Voice*) is published:** The newsletter contains a short piece written by Bob B., chairman 1967 – 1968. There are interesting references to Alcoholics Anonymous, which show the reliance upon AA by NA members at that time. "Four months ago I had the privilege of listening to Beth R. speak on The Miracle of working the Pathway and the programs of N.A. and A.A…." "I am an addict and alcoholic and have been clean and sober for what seems an impossible amount of time. I got this thru' Narcotics Anonymous and A.A. and it has been one of the biggest breaks I have ever had in my life…I would like to say something regarding my recovery up to today. Really all that N.A. and A.A. promise me is a program of recovery. Today I'm sitting in my book room listening to some music, which next to this program, I love very much…I started reading

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

DATE	EVENT
June 1968	something called 'A Little Red Book' and then I decided to write something for our newsletter" There is an interesting piece titled "Not So Instant Recall" "REMEMBER WHEN: Newcomers would drive around the block, where the meeting was held, four or five times to make sure it wasn't a stake-out. REMEMBER WHEN: All we had was a 'RABIT CIRCUIT' we hopped from one house or apt. to another every week to hold our meetings. REMEMBER WHEN: We almost scared a family and a sick addict out of their wits, when seven of us drove to Long Beach on a late Twelve Step call. REMEMBER WHEN: Near midnight, most of the gang serenaded Russ C. on the porch of his Burbank Apt. AND REMEMBER: The after meeting laughs we had a Dupars and Johnny's on Friday nites. BUT WHO REMEMBERS: The three characters who lay across railroad tracks on Chandler at midnight, their heads on the rail, watching, for hours (five to be exact) for the first Russian Sputnick in the California sky?" There is also an essay on Tradition One. George M. is welcomed in as the new chairman for 1968 – 1969.[490] **(Author's note: Bob Stone states in his book My Years With NA that the second issue was published in 1969)**



NEWSLETTER 2

THE VOICE OF N.A. VOL. #2 June '68

From The Chairmans Seat. '67-'68

My view from here can only be expressed as interesting. Many things are changing,the people and groups are busying themselves with activities in this thing called living. N.A. has grown since my first introduction. The growth in the people has been something to behold. Seeing these things has given me strength and hope in a program that at first I couldn't see working for me. Today I know why.

It was conceivable,in my addictive thinking, that something would work for me without any work on my part,how wrong I was. It has been my experience that the program works as long as I work it, one day at a time to the best of my ability and that is ever changing.

My sincere thanks to everyone who has become a part of my life today. May I never forget where I came from in my quest for where I want to go.

Forever Grateful
Your Chairman and Servant,
Bob B.

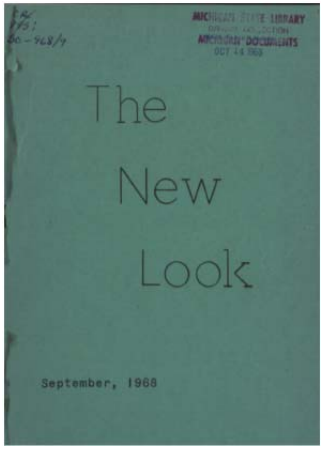
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I'M SEEKING.

Every attempt I have made to stay clean and out of prison has failed. Looking back over the past I find that these failureshave caused me to spend 18 years of my life in prison. At this moment,anyone looking at my future would have to say it is a hopeless one. I actually felt and believed this to be true too; that is,until I found"Pathway" and started going to meetings. I found that there is something intangible here that brings me back each week. I am seeking solutions to my problems which will keep me clean and out of prison.

Four months ago I had the privelege of listening to Beth H, speak on The Miracle of working in the Pathway and the programs of N.A.and A.A. This inspired me to continue my efforts to find and keep sobriety and freedom. Here was the type of girl I knew in the jungle. It was a shock for me to hear her tell how she is working the program with the 'Key'that keeps her clean and free. After speaking to her and others I realized that,tho' many have been clean for years it is not always an easy matter. I find it requires full time participation in this program. I believe that

1968

DATE	EVENT
June 26, 1968	Jimmy K. receives a letter from the Acting Chief of the City of Palm Springs Police Department asking for a confidential background check on a man who is seeking to start a Narcotics Anonymous meeting in Palm Springs. "This department is attempting to do a confidential background check on a man named Donald W. Mr. W. is described as being in his early forties, 6'2", 200 lbs with reddish brown hair. We have information that he is associated with a group known as 'Narcotics Anonymous' in Sun Valley which has a post office box number 622 rented by you. Mr. W. is endeavoring to start a similar organization in Palm Springs and we are merely attempting to check into his integrity and reliability before his request for building use here can be approved. We are not opposed to such an organization here, however, we would like to know more about anyone working in this field. If you are able to supply us with any information as to his character and background in this work it will positively be treated with extreme confidence. Your cooperation and assistance will be greatly appreciated."[491]
Sept. 1968	*The New Look* magazine published by the Narcotics Anonymous group at the Southern Michigan Prison in Jackson, Michigan reflects a change from early East Coast NA (13-steps) to West Coast NA. The 13-Steps are replaced by the 12-Steps. Current reading appear in the magazine, including "What Is The Narcotics Anonymous Program?" "How It Works," "The Twelve Traditions of N.A." and "Just For Today."[492] 

1968

DATE	EVENT
October 11, 1968	Ex-addicts, including Mrs. Rae Lopez, "herself an ex-addict, clean for 18 years" address nursing students.[493]
October 27, 1968	The following article, "Group Promotes Rehabilitation for Drug Users," appeared in the *Los Angeles Times* and focuses on a new organization, RAFE (Recovery Assistance Financial and Employment) that is designed "to assist the young drug user in every possible way toward resocialization." "Initial efforts of the organization will be aimed at information and referral. There are several groups, ranging from Narcotics Anonymous to the Manhattan Project, which have self-help programs for the drug abuser, but often the users and their parents don't know where to turn for assistance…"[494]
December 14, 1968	Louisiana State Penitentiary: "Narcotics Anonymous held an elaborate Christmas banquet with a program; the bequest was paid for by over $1,000 contributed by the members themselves."[495]
1968	Louisiana State Penitentiary: Narcotics Anonymous produces eight documentaries that are shown over television. One of the documentaries won the award for "Best Documentary of 1968."[496]
1968	Chrysalis Foundation created; first addiction treatment program to emphasize NA philosophy and affiliation[497]
1968	"Jimmy became seriously ill with tuberculosis in the late 60's. It is reported that around 1968 he began a period of home rest and hospitalization that covered most of the next four years. Constantly in and out of the hospital, he was quite weak most of the time and unable to actively play a leadership role in the fellowship…While he was in the hospital, however, Jimmy designed the NA logo with the double circles and it became very popular."[498]
1968	"As 1968 approached, Mel H. was added to the Board of Trustees. An acquaintance of his, Judge Leon Emerson, then sitting on the Superior Court in the southeast L.A. County community of Downey, was introduced to NA. Judge Emerson was already involved in getting help for alcoholics and had an interest in helping addicts as well. He investigated NA a little and concluded it was a great idea. He began to order addicts convicted of drug related crimes to attend NA meetings, just as he did, as he put it, for "plain drunks" whom he ordered to AA. It was not long before he was invited to become an NA trustee. He accepted, and for nearly five years was an active participant in many trustee meetings."[499]

1968

DATE	EVENT
1968	James D., who in 1967 started a meeting in Victoria, British Columbia, Canada, tries again in 1968 with six other addicts, none of whom had any contact with NA in California. They became known as the "Victoria Group." This meeting continued irregularly.[500]
1968	**Bill W.'s Letter About Hippies in AA excerpted from "The Traditions in Action" by Bernard B. Smith - March 1971:** *"In 1968, a well-meaning AA wrote to Bill, in deep concern, about an influx of youthful hippies or flower children to local AA groups, along with their distinctive manner of dress, sexual mores, and other unorthodox behavior, including the use of drugs. The writer feared that this particular invasion might be "a very real threat to our wonderful God-given Program."* *Bill's reply was typical of his use of AA principles to meet new challenges.* Your letter about the hippie problem, so-called, was mighty interesting to me. I doubt that we need to be alarmed about this situation, because there have been precedents out of the past. All sorts of outfits have tried to move in on us, including communists and heroin addicts, prohibitionists and do-gooders of other persuasions. Nearly all of these people, who happened to have an individual problem with alcohol, not only failed to change AA, but, in the long run, AA changed them. I have a number of them among my closest friends today, and they are among the best AAs I know. You also have some people who are not alcoholics, but are addicts of other kinds. A great many AAs have taken pity on these people, and have actually tried to make them full-fledged AAs. Of course, their identification with alcoholics is no good at all, and the groups themselves easily stop this practice in the normal course of AA affairs. Thoughtful AAs, however, encourage these sponsors to bring addicts to open meetings, just as they would any other interested people. In the end, these addicts usually gravitate to other forms of therapy. They are not received on the platform in open meetings unless they have an alcohol problem, and closed meetings are, of course, denied them. We know that we cannot do everything for everybody with an addiction problem.

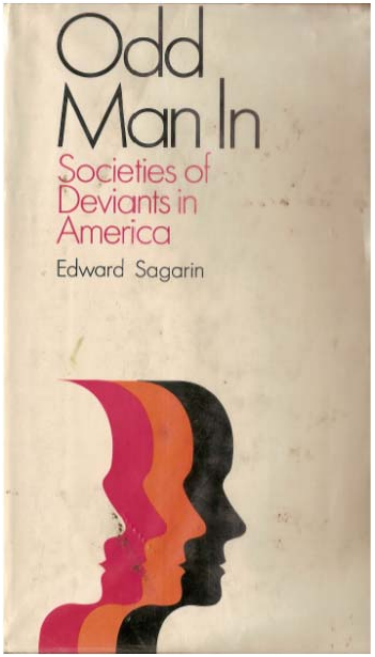
1968

DATE	EVENT
1968	There has also occurred lately a new development centering upon hippies who have LSD or marijuana troubles--not so much stronger stuff. Many of these kids appear to be alcoholics also, and they are flocking into AA, often with excellent results. Some weeks ago, there was a young people's convention of AAs. Shortly thereafter, four of these kids visited the office. I saw one young gal prancing down the hall, hair flying, in a miniskirt, wearing love beads and the works. I thought, 'Holy smoke, what now!' She told me she was the oldest member of the young people's group in her area--age twenty-two! They had kids as young as sixteen. I was curious and took the whole party out to lunch. Well, they were absolutely wonderful. They talked (and acted) just about as good a kind of AA as I've seen anywhere. I think all of them said they had had some kind of drug problem, but had kicked that, too. When they first came around, they had insisted on their own ideas of AA, but in the end they found AA plenty good enough as it was. Though they needed their own meetings, they found interest and inspiration in the meetings of much older folks as well. Perhaps, as younger people come into AA, we shall have to put up with some unconventional nonsense--with patience and good humor, let's hope. But it should be well worth the attempt. And also, if various hippie addicts want to form their own sort of fellowship along AA lines, by all means let us encourage them. We need deny them only the AA name, and assure them that the rest of our program is theirs for the taking and using--any part or all of it. For these reasons, I feel hopeful and not a bit scared by this trend. Of course, I'm no prophet. I may be mistaken, so please keep me posted. This is a highly interesting and perhaps significant development. I certainly do not think it ought to be fought. Instead, it ought to be encouraged in what we already know to be workable channels. *In affection . . .* *Bill"*[501]
1968 – 1969	Upon learning of Narcotics Anonymous at Louisiana State Penitentiary, a Narcotics Anonymous chapter is formed at the women's prison at St. Gabriel, Louisiana.[502]

1969

DATE	EVENT
1969	General Service Organization (GSO) of NA in the Greater Southern California Area created & served as service structure until the NA tree was approved in 1976[503]
1969	Second NA-oriented treatment facility opened—Reprieve House[504]
1969	The southern California membership formed an Institution Committee[505]
1969	**The following excerpts are from "Drug dependence in the U.S.A." published in the United Nations Office on Drugs and Crime *Bulletin on Narcotics*:** "3. Types of Treatment Available In a review of types of treatment available for narcotic addicts in the Task Force report on narcotic addiction various approaches were identified: (a) Voluntary treatments 1. *Medical psychiatric*. A number of hospitals admit heroin addicts, on a voluntary basis for detoxification, etc. 2. *Synanon type programmes*. Several primarily non-medical programmes exist. 3. *Addicts Anonymous.* A voluntary group modeled on Alcoholics Anonymous. 4. *Religious programmes*. These rely on religion as a major motivation for abstinence."[506]
1969	**The following excerpt is from *Narcotics and Narcotics Addiction* by D.C. Parks, a conservative, self-described "lay authority" in the field of illicit sale and use of narcotics, who is :** "Q: My only understanding is from Alex King, our very famous writer. Could you tell us about some of the approaches that are used in Lexington and the other ones? I understand that there was a program in Lexington on the order of the Alcoholics Anonymous program. I don't know whether this is the same as Synanon or not. There must be records showing what approach has proven the most effective in the treatment and rehabilitation of an addict. A: (Dick): I'm going to have some fun with you first. What do you think of Alex King? Q: I think this is neither the place nor the time to get into that.

1969

DATE	EVENT
1969	A: (Dick): All right. Alex King is the same gentleman who was a user years ago. He was a user, an addict of record with the Federal Bureau of Narcotics. Q: Been in Lexington three times hasn't he? A: (Dick): Yes. A Federal search was made on a tenement flat in New York City some years ago. Alex King was found hiding in the toilet behind the door with his little hypodermic syringe and the Federal Agents treated him with all deference and gave him a free pass and sent him down to Lexington so that he could take treatment. He wasn't prosecuted. Well, we didn't have to wait long for Alex to write the book and beat the brains out of the Bureau of Narcotics…"[507]
1969	The book *Odd Man In: Societies of Deviants in America* profiles Danny C. and East Coast NA; notes two NA meetings in Newark, NJ; Notes Danny C. starting a support group for parents and friends of addicts.[508] 

1969

DATE	EVENT
February 1969	Reports of an NA meeting in Detroit, held at a Presbyterian Church on Jefferson Avenue. The meeting was sponsored by an NA group out of Cleveland. Several months later, the group was no longer meeting.[509] (Authors note: Unsure whether this was an East Coast or West Coast NA meeting).
June 16, 1969	**The following announcement appears in *The Plain Dealer* – Tops in Radio Today:** "10 P.M., Alan Douglas, WKYC, 1100 KC – 'Narcotics Anonymous,' four convicts from inside Mansfield Reformatory."[510]
August 12, 1969	Louisiana State Penitentiary The Narcotics Anonymous group at Angola applied for a State charter and was incorporated.[511]
August 1969	**The following information is contained in *Narcotics: Background to a Problem (Research Report No. 57)* prepared by the Kentucky Legislative Research Commission:** "Various states and municipalities have also initiated new treatment programs. Among these are: MARYLAND PROGRAM: Provides an outpatient clinic for addict parolees from correctional institutions. The addict must report every evening to leave a urine specimen (tested for presence of narcotics), must attend group psychotherapy once a week, and must maintain a job. Failure to meet these requirements means return to prison. CALIFORNIA PROGRAM: The legislature has provided for a civil commitment program in which the addict is sent to a rehabilitation center for psychotherapy, remedial education and counseling. A condition to participation in the program is that, when released, the addict as an outpatient will submit to periodic tests utilizing 'Nalline' (nalorphine hydrochloride) which is an anti-narcotic and leads to abrupt withdrawal symptoms if the person begins using narcotics. SYNANON: This is a controversial, non-governmental project in which a group of residences throughout the country are managed by ex-addicts. There are rigid entrance requirements, are usually only those individuals highly motivated to abandon drugs are admitted. Once in, the addict is assigned tasks and encouraged to work toward greater responsibility within the organization.

1969

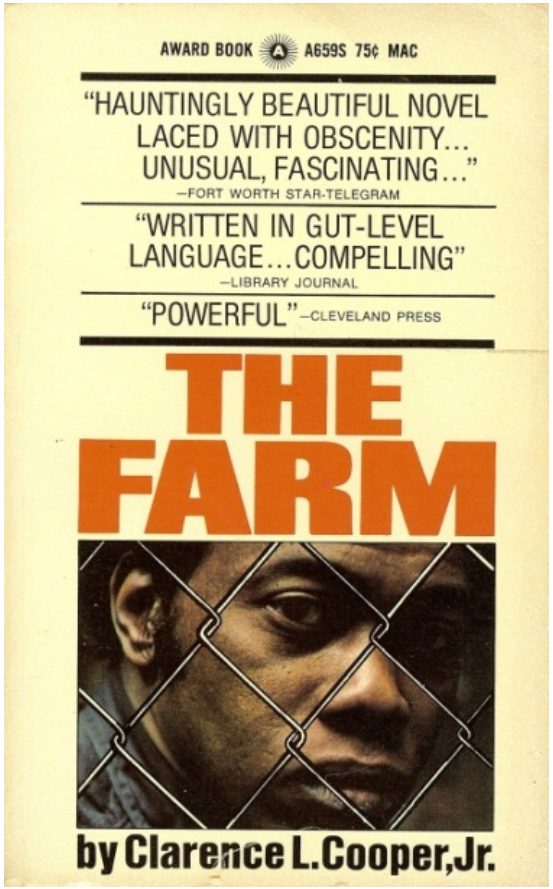
DATE	EVENT
August 1969	BRITISH SYSTEM: In England an attitude is shared by law enforcement authorities, the general public and the medical profession that drug addiction is a disease not a crime. Consequently, physicians, at their discretion, may prescribe narcotics for addicts if complete withdrawal would be hazardous to the patient's health, or if the patient would be hazardous to the patient's health, or if the patient would be incapable of leading a useful life without maintenance doses. This system is currently under review in that country, since there has been a disturbing rise in the incidence of addiction to heroin and cocaine. NARCOTICS ANONYMOU: Is modeled after Alcoholics Anonymous. It is spiritual oriented, relies on mutual inspiration and the therapeutic value of confession."[512]
Summer 1969	Roy P., of Philadelphia, returns from an Alcoholics Anonymous convention in Palm Springs, CA where he met Jimmy K. and two other members of N.A. Jimmy K. gives Roy P. two copies of the White Booklet and tells him to go back to Philadelphia, make copies and start meetings.[513] Upon his return from California, he shared the *White Booklet* with Dick F., a member of Alcoholics Anonymous and principal counselor of Eagleville Hospital (an alcoholic treatment program north of Philadelphia). Dick paid to have 1,000 copies of the White Booklet reproduced. Dick handed out copies of the *White Booklet* to addicts at Eagleville Hospital. Through the combined efforts of Dick and Roy, the first "West Coast" Narcotics Anonymous meeting was started at Eagleville Hospital. The meeting lasted for about six months and died after Roy relapsed and Dick F. accepted a new job. Dick and Roy's efforts did result in Eagleville Hospital expanding the admission of addicts to a regular basis as well as distribution of the White Booklet along with AA literature.[514]
September 1969	Ross M., who was attending meeting in San Francisco and Berkeley, moved to Key West, FL to care for his ailing parents. Finding other addicts in Alcoholics Anonymous meetings, Ross started the first recorded Narcotics Anonymous meeting in Florida. The meeting was short lived.[515]

1969

DATE	EVENT
November 17, 1969	**The following question and answer appeared in the "Call PDQuickline" section of *The Plain Dealer*:** "Is there an organization for narcotics addicts similar to Alcoholics Anonymous? – Mrs. W. S. The Salvation Army sponsors anonymous group sessions for persons with drug problems Wednesdays at 7:30 p.m. in Red Shield Hotel, 2304 E. 9th Street…"[516]
December 13, 1969	**Louisiana State Penitentiary:** "The second annual Christmas bouquet was held on December 13, 1969, and was even bigger and better than the previous year's event. The authors were fortunate enough to be invited to the chapter's second banquet. Again it was financed by the members and held at the prison. In addition to an excellent and very elaborate meal and entertainment by a prison band, there were several speakers of state-wide fame. The banquet was educational as well as entertaining and such subjects as Methadone and drug laws were discussed."[517]
Late 1960's	Early growth of NA outside of California[518]

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1970

DATE	EVENT
Early 1970s	East Coast NA dissipates in wake of harsh new anti-drug laws and death of Rae L.[519]
1970	*The Farm* by Clarence L. Cooper, Jr. describes Addict Anonymous meetings in Lexington. Cooper was at Lexington in 1966; notes inmates attending AA meetings to see members of opposite sex.[520] 
1970	39 NA meetings worldwide[521]

1970

DATE	EVENT
1970	**The book *Marijuana, To go to pot, or not?* includes two chapters written by Danny Carlsen on the warnings on marijuana use:**



"The late DANIEL CARLSEN, born in Puerto Rico of Danish and Spanish parents and orphaned at the age of three, was adopted by a woman doctor in the U.S. Public Health Service and brought to the United States.

His foster mother was on the staff of the hospital in Saint Joseph, Missouri, where Danny also decided to become a doctor.

One day he developed an abscessed eardrum, and morphine was administered to ease the pain. Soon thereafter he began to steal the drug from the hospital dispensary because he liked the way it made him feel.

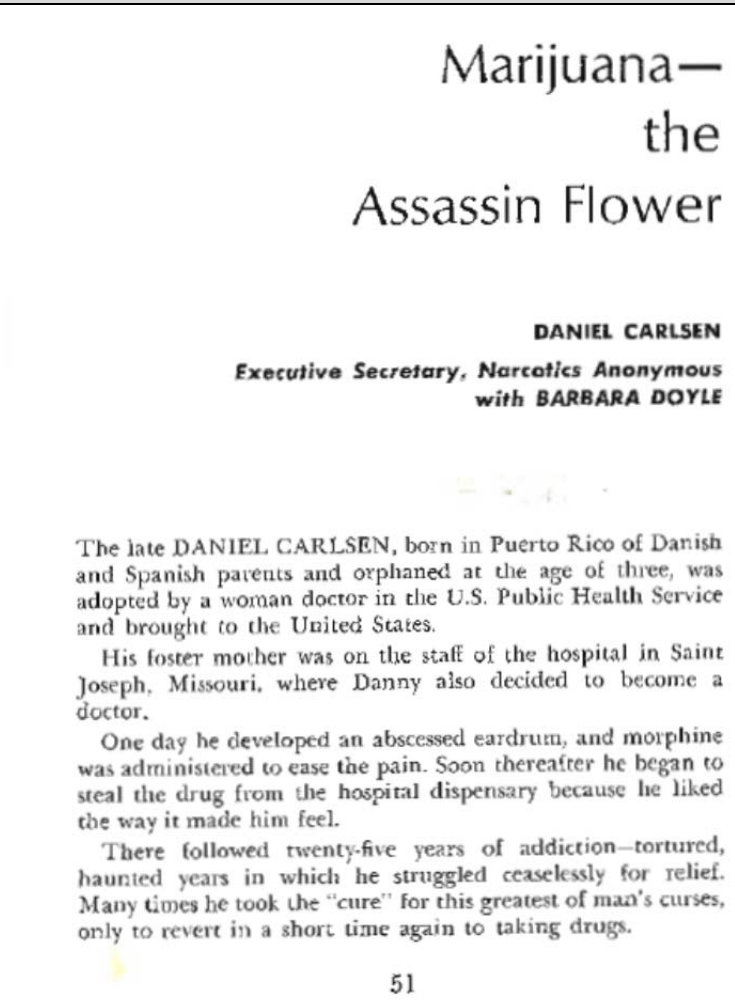
There followed twenty-five years of addiction – tortured, haunted years in which he struggled ceaselessly for relief. Many times he took the 'cure' for this greatest of man's curses, only to revert in a short time again to taking drugs.

In 1948, during an enforced abstinence from drugs, he tried to take his own life. After emergency treatment in a metropolitan hospital he was sent to Lexington, where he had been many times before for the 'cure.' This time there was a difference: He was not fighting to live any more, or looking for a way out.

For the first time he had made an honest prayer. Day and night he prayed to God to let him die, but out of the experience was born the new Danny.

1970

DATE	EVENT
1970	Studying the program of rehabilitation of addicts in effect at Lexington, and adapting it into a broadened, vigorous plan, he founded Narcotics Anonymous in the latter part of 1949 in New York City. Later he organized the National Advisory Council on Narcotics, or NACON, made up of civic-minded citizens whose aim it is to stamp out drug addiction in this country. This untiring public servant has spoken to hundreds of civic, religious, social, medical, student, fraternal, patriotic, veterans', and other groups. He has appeared at staff conferences in hospitals and at symposiums in universities, as guest on radio and television programs. He literally gave his life in the fight for what he considered one of the most important of freedoms: freedom from drug addiction…"[522]



Marijuana—
the
Assassin Flower

DANIEL CARLSEN

Executive Secretary, Narcotics Anonymous
with BARBARA DOYLE

The late DANIEL CARLSEN, born in Puerto Rico of Danish and Spanish parents and orphaned at the age of three, was adopted by a woman doctor in the U.S. Public Health Service and brought to the United States.

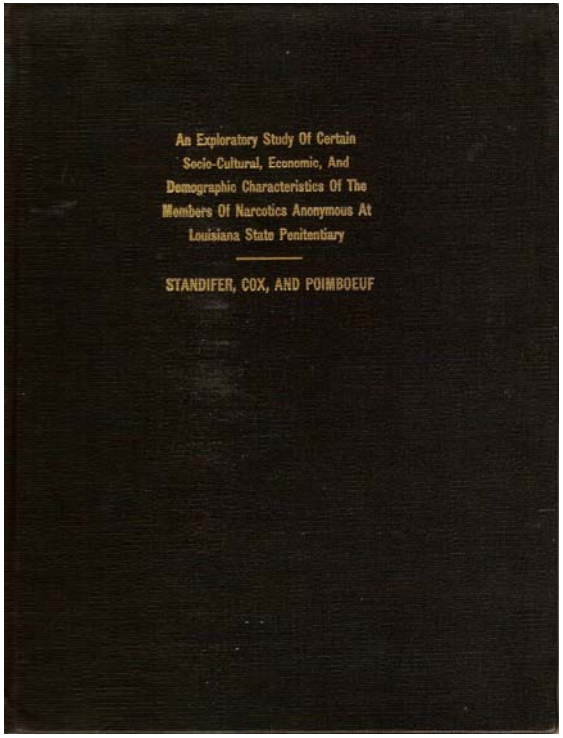
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51

1970

DATE	EVENT
1970	Master of Social Work students from Louisiana State University, Deborah A. Standifer, John D. Cox and Charles E. Poinboeuf, complete their master's thesis, which is titled *An Exploratory Study of Certain Socio-Cultural, Economic, And Demographic Characteristics Of The Members Of Narcotics Anonymous At Louisiana State Penitentiary.* This is the Narcotics Anonymous founded at Angola. The following is an excerpt from this thesis: Narcotics Anonymous: History and Structure The History of Narcotics Anonymous at Angola "In early 1967, two addict prisoners at Louisiana State Penitentiary were sent to the prison's 'hole' for using contraband drugs in the prison. The Superintendent of Institutions, General David Wade, and Angola's Warden, Wingate White, were touring the prison and passed the hole. When they were told that the men in the hole were there for using drugs, General Wade stated that he thought such persons should not be punished but they should be in a hospital. The Warden agreed and said that he would like to do something for the addicts in his prison, but the State did not provide money for facilities for treating drug addicts. When the two addicts were released from the hole, hey began to talk with another addict friend who had just been sentenced to twenty-five years hard labor at Angola. These three men conceived of the idea of forming an organization of addicts for the help and rehabilitation of drug addicts, and the prevention of drug addiction.  The first unofficial meeting was held in October of 1967. Fourteen addicts were present. At this meeting the organization was given the name Narcotics Anonymous. The fourteen men at this first meeting became the Planning Committee.

1970

DATE	EVENT
1970	Weekly meetings were decided upon. Narcotics Anonymous has no professional guidance and is not supported financially by the State of Louisiana or by the prison. Its activities are wholly financed by voluntary contributions of N.A. members. Angola's warden at the time, Wingate White, extended his support and cooperation. He gave permission for the inmate members to make speaking trips outside of the prison to relate their personal experiences with drugs to young people and adults. Narcotics Anonymous has estimated that its members have spoken to over 100,000 persons since it began making these speaking trips. No prisoner has ever attempted to escape on one of these trips. On December 15, 1967, the first general membership meeting was held. All inmate addicts were invited and fifty men were present. In January of 1968, a Chairman, Co-Chairman, and Secretary-Treasurer were elected, and the various committees were formed. Soon the public began to take notice of Narcotics Anonymous. Films were made. N.A. has made eight documentaries produced and shown over television. One such documentary won the award for 'Best Documentary of 1968'. The women's prison at St. Gabriel, Louisiana made inquiries about Narcotics Anonymous' program and soon the women's chapter of N.A. was formed. The second annual Christmas bouquet was held on December 13, 1969, and was even bigger and better than the previous year's event. The authors were fortunate enough to be invited to the chapter's second banquet. Again it was financed by the members and held at the prison. In addition to an excellent and very elaborate meal and entertainment by a prison band, there were several speakers of state-wide fame. The banquet was educational as well as entertaining and such subjects as Methadone and drug laws were discussed. On August 12, 1969, Narcotics Anonymous applied for a State charter and was incorporated. Since the beginning of Narcotics Anonymous, forty-one members have been paroled or discharged. Only three of these have returned to prison. Before N.A. was started, seven out of every ten addicts released came back to prison within a year and a half.

1970

DATE	EVENT
1970	Structure of Narcotics Anonymous at Angola Narcotics Anonymous has two sponsors – an internal sponsor, who is an employee of Angola, and a sponsor from the 'free world'. There are three major elected officers – Chairman, Co-chairman, and Secretary-Treasurer. These make up the Executive Committee. There is in addition to the governing body of Narcotics Anonymous, called the Planning Committee. The Screening Committee handles membership selection. General membership meetings are held once a week. The activities of the last week are reported upon, the work done by the various committees and their future plans. Financial and special reports are given, the members are told of news concerning drug laws and addicts and the latest developments regarding Methadone, studies, laws, etc. Guest and members speak at these meetings. Group therapy sessions are an important activity of N.A. Once a week the members get together to attempt to olve individuals' problems and each member is given a chance to argue and discuss and be 'analyzed' by the group. There is no professional guiding the group therapy, though N.A. is working toward reaching this goal. The authors attended a group therapy session and found it to be very interesting. Everything from Methadone to Marihuana to 'ripping and running' was discussed. Members were encouraged to be totally honest in telling of their experiences and emotional problems and when a member began to defend himself he was subject to other members 'attacking his defenses.' The session served as an excellent vehicle for ventilation and allowed the members to support each other in their struggle to obtain the convictions they will need to stay off of drugs after they leave the prison, and to solve the emotional problems of individual members which caused them to turn to drugs. The authors felt that this group did a good job under the circumstances, and could really grow in sophistication and effectively under professional guidance. The Planning Committee also meets weekly. This committee is the governing and policy-making body. Within the framework of this committee, the Public Relations Committee operates to better promote the interests of the group to the public. This committee also publishes the group's newsletter, '*NA Speaks Out*.' They write to interested parties regularly to better promote the image and interested of the narcotics addict. Alco within the Planning Committee is the Sick and Vigil committee which collects money from members to aid sick members and to need cares and flowers of families of

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Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

DATE	EVENT
1970	member who have suffered the death or sickness of a loved one." There is no nationally chartered organization of addicts at the present time. The Narcotics Anonymous organization at Angola has as one of its primary objectives in 1970 to charter their organization nationally. On August 12, 1969, the obtained a State charter. There are several organizations throughout the country called Narcotics Anonymous and Addicts Anonymous. In December of 1969, two of N.A.'s founding members left Angola. In January, they were joined by another active member who was released from the Penitentiary. These three men began a new N.A. chapter in New Orleans, the first meeting being held on January 29, 1970. This new group, housed at Second House, 2215 Second Street, New Orleans, Louisiana, now has a membership of twenty-two addicts. This group meets three times a week, makes speaking engagements, and is concerned with education the general public about drugs and drug addiction. Plans include instituting a twenty-four hour telephone 'hot line' for persona with drug-related problems. Additional plans are to begin an employment, housing, and clothing service for addicts who are N.A. members recently released from St. Gabriel Prison and Louisiana State Penitentiary. Membership Requirements of Narcotics Anonymous The membership requirements of N.A. are quite stringent. The potential member must file an application with the Screening Committee, and on receipt of this application, the Screening Board interviews the applicant. During this interview, it is determined whether the applicant has a 'problem with narcotics.' Other attributes necessary for membership are honesty and sincerity and a desire for help. Other attributes necessary to membership are honesty and sincerity and a desire for help. There are, as of February 2, 1970, sixty-three members in N.A. and thirteen prospective members are being considered by the Screening Committee. The applicant is required to attend at least two of the general membership meetings, group therapy sessions, and Planning Committee meetings within a thirty-day period after the initial interview with the Screening Board. He is then interviewed again and accepted or rejected by the Screening Board.[523]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1970

DATE	EVENT
1970	**The following excerpt is from "The Role of the Prison Service in rehabilitation of drug dependents," written by T. G. J.P. GARNER Deputy Commissioner of Prisons, Hong Kong and published in the United Nations Office on Drugs and Crime *Bulletin on Narcotics*:** "Treatment and Rehabilitation Programme It is my contention that the '*how*' does not begin on admission to prison, or as in the case of Hong Kong, the Reception Centre; it must go much further back to the time when the drug dependent becomes known to the law. From here on anything which happens to him including anything said or the manner in which he is handled will condition him for the part that he must play at a later stage in the treatment programme. I mention this because failure to understand the drug dependent's problems at this stage can create needless barriers, which must be overcome but which arise mainly out of ignorance on the part of the persons with whom he comes into contact. I therefore consider it essential for law enforcement officers to have an appreciation of the problems which confront the drug dependent, and have some knowledge of the difficulties involved in treatment and rehabilitation. It is also necessary for the drug dependent to receive treatment when undergoing withdrawal symptoms while in police custody. Once the drug dependent has been admitted to the Reception Centre of the Prisons Department, relief of human suffering must take priority, consequently immediate treatment for withdrawal symptoms must be provided as the first step on what has proved to be a long and difficult road for any drug dependent. The treatment and rehabilitation programme must consist of 4 basic phases. 1. *Medical treatmen*t for withdrawal and for any other illness or disease from which the drug dependent may be suffering. 2. *Physical build-up*. Calculated to restore him to full physical fitness. 3. *Mental build-up*. Calculated to assist him in building up resistance against psychological dependence (the main factor in relapse). 4. *After-care*. Calculated to assist him after discharge.

1970

DATE	EVENT
1970	In addition a planned programme of research, which not only helps to reveal the problem as it stands, but enables workers in the field to keep abreast of the changing pattern of drug dependence, is essential. The value of research cannot be over-emphasized; if we are to be successful in dealing with this problem it is necessary to learn all we can about it. This can only be done through a careful and thorough investigation. An authoritative approach in the treatment field allows for the introduction of a measure of discipline, an element which is essential to the programme particularly in the initial stages; this I contend is a definite asset and one which has been neglected in the past. The introduction of discipline need not be harsh or too evident. It can be maintained firmly, but fairly, with the aim of regulating the lives of those under treatment in much the same way as discipline within society exists. Any programme of treatment and rehabilitation must be planned to suit the needs of persons subjected to it; cultural background, social background, the pattern of drug dependence, and the affluence of society are among factors which must influence it. In Hong Kong much has occurred within the past twenty years which has changed the pattern of drug dependence, bringing to bear favourable or unfavourable influences on it. One of the greatest problems has been the degree of ignorance involved, a factor which is not uncommon in other areas of the world where the problem exists, but which fortunately is no longer the case in Hong Kong at least amongst some. The planning of a programme in an open environment enables the planners to include plenty of outdoor activity of all kinds. This includes work and manual skills which are important to the programme. They will enable the drug dependent to be employed on tasks away from the Centre, and within the community on projects which will benefit the community. Inmates will carry out this work under the guidance of staff who act as leaders or supervisors. They must be encouraged to take pride in their work, to make suggestions, and learn to discuss the various problems with the staff and fellow workers as they arise.

1970

DATE	EVENT
1970	This way they will regain self-confidence, re-discover their own working ability, develop a sense of responsibility, and because the work takes place within the community in the open, regain a sense of belonging. Projects can be numerous: to mention but a few, path laying, road building and small buildings of many kinds; however it is essential that they be interesting and productive and of a type which visibly shows the results of their labour to the persons under treatment. A drug dependent's progress throughout his stay at the Treatment Centre must be followed with the closest interest by the staff, for much depends on the relationship which is formed. By staff I mean all levels with deep personal involvement from the Superintendent down. It is particularly important for the Superintendent to be involved in order that he can keep his hand on the pulse of the treatment programme, and to make himself accessible to all those subject to it. Staff should not wear uniform. Inmates at the Centre should be housed in open conditions, without the use of bolts, bars, or locks. Adult education classes, discussion groups, recreation of many kinds, entertainment, religious activities and library facilities are all important aspects of the programme. The value of after-care cannot, and must not, be under-estimated. Everything possible must be done to foster a good relationship between both parties. I emphasize the importance of the relationship because I fail to understand how a satisfactory one can exist unless the After-care Officer has been in frequent personal contact with the case from early in the treatment programme. This allows for a solid foundation, on which a bond of confidence based on mutual trust and understanding can be built, for without this, after-care must surely fail. Persons discharged who have a home to go to with either parents, wife, children, relatives or even good friends are fortunate. Some will not have this advantage. Arrangements, therefore, must be made to assist them so that they can settle down again within the community.

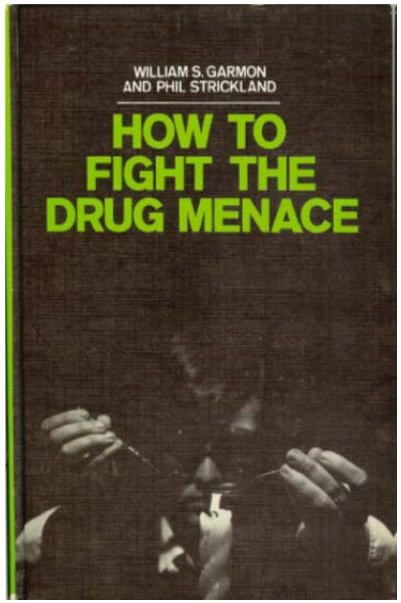
Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1970

DATE	EVENT
1970	It is at this stage that a 'Half-way House' project will be very valuable – this will provide a link half-way between complete detention and complete freedom. Persons residing in the house can be allowed to undertake outside employment, going to and from work unsupervised, and paying the cost at least in part of their board at the house. This will help prevent them from returning to previous unhealthy environments, by presenting the opportunity to settle down in a new district. Compulsory residence in the house can be arranged for those who require it by making it form part of the rules of after-care. This calls for compulsory after-care with which I am in favour. We are fortunate to have a Half-way House in Hong Kong, and although only recently opened, I am sure it will eventually play a very important role in the treatment programme. Some form of Narcotics Anonymous programme is also necessary. This will enable former drug dependents to assist each other, and provide facilities where they can spend their leisure hours. Families should also be encouraged to join in. Here again we are fortunate to have succeeded in establishing such a club, which, although only established 4 months, has a membership of 75 former drug dependents which is most encouraging. What I have outlined is a programme tried, proven and workable. It enables former drug dependents to develop self confidence, regain working ability, lose their anti-social behaviour and take on a new lease of life. Of course some relapse, and we must accept disappointment as well as success (if only to try again) but of one thing I am sure, a person leaving the treatment Centre is in a much better position to face life than he was before he was admitted. He leaves the Centre with a sense of accomplishment and a renewed interest in life, knowing that the time he has spent at the Centre has been of assistance to him.

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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1970

DATE	EVENT
1970	Husband in the case of a female drug dependent. This then, is the role that the Prison Service can and should play in the treatment of drug dependents. The concept of authority in a therapeutic setting is not only possible, but practical, and is the only way that drug dependents who fail to make use of voluntary facilities can be placed in a therapeutic environment. I am proud of the progress we have made in this field and view the future with optimism."[524]
1970	Garmon & Strickland briefly describe NA in *How to Fight the Drug Menace*. Note founding in 1948; Notes fear of presence of narcotics agents as factor inhibiting early N.A.; notes companion group—Nar-anon. "Since few cities have Narcotics Anonymous groups, many addicts attend Alcoholics Anonymous meetings. They find themselves welcome because members of Alcoholics Anonymous also know what it is like to be addicted to something that destroys life. Also, many alcoholics have had experience with drugs. Alcoholics Anonymous particularly helpful for addicts who have been through treatment and who need support as they adjust to a new way of life."[525] 
January 6, 1970	Dr. John Norris, Chairman of General Service Board of Alcoholics Anonymous sends letter of invitation to Major Edward Dimond of the Salvation Army in Cleveland to speak on a panel at the AA convention in Miami Beach on the program of NA[526]

1970

DATE	EVENT
January 29, 1970	Two of the founding members of the NA chapter at Louisiana State Penitentiary left Angola and started the first Narcotics Anonymous meeting at Second House, 2215 Second Street, New Orleans, Louisiana. Membership includes twenty-two addicts. This group meets three times a week, makes speaking engagements, and is concerned with education the general public about drugs and drug addiction.[527] **The following transcript is from a WWL Channel 4 news story:**[528] **Sal DeSalvo:** (News clip starts with Sal speaking to audience) "So I know there must be another way. Uh, If there isn't it's certainly not in drugs. The least I can do is go to..."  **News Reporter (Jim Barry):** There's an unusual meeting going on here tonight in this former convent on 2215 Second Street. This is the first meeting ever of Narcotics Anonymous in New Orleans. With the exception of a few officials and advisors, everyone in this room has something in common; they all are, or at one time were, drug addicts. Many of them have served prison sentences, but they're trying to help themselves. One of the organizers of this NA chapter, Sal DeSalvo, has been off drugs for five weeks now. That's the longest period since he was seventeen years old. Sal tells of some of the club's objectives. **Sal DeSalvo:** "I've known several individual cases where we've helped young people to refrain from using illegal drugs. In other areas we're more concerned with what I think is the addict himself; how to rehabilitate him. There's certain medical ways now they're treating the addict with methadone, a synthetic drug and it works as far as society is concerned. However the

1970

DATE	EVENT
January 29, 1970	 addict is still taking medication. Narcotics Anonymous hopes to teach him to live in society drug free. Our plans are that when a member is released from the penitentiary to be up there to pick him up, have a place for him to stay, have a job for him, have lodging and just more or less orient him back to society. And I think that we're the most qualified people to do so. The addict has a hard time identifying with society and through other addicts thats (sic) found the road to success I think you can, like I stated before, orientate him back to society at a slow pace that he can accept." **News Reporter (Jim Barry):** Their needs are many. They need a building. They need funds. They need a 24-hour telephone service for a member who might weaken. They need your understanding. They have a motto and that motto is "you cannot run away from weakness. You must sometime fight it out or perish. And if that be so, why not now and where you stand?" This is the invitation these addicts and ex-addicts offer to the more than 4,000 drug addicts now in New Orleans. "Come on and fight," they say. "Now there is help. You're not alone anymore in your need, your fear and your despair." Jim Barry, Channel 4 news. **Sal DeSalvo:** (News clip ends with Sal speaking to audience) "…to find out what is the best way to help you. Perhaps it's methadone…" **(Author's note: The date of the news story is based upon information in Standifer, D. A., Cox, John D., & Poimboeuf, C. E. (1970). An Exploratory Study of Certain Socio-Cultural, Economic, And Demographic Characteristics Of The Members Of Narcotics Anonymous At Louisiana State Penitentiary. Master's Thesis Submitted to the Faculty of the School of Social Welfare of the Louisiana State University, p. 32.)**

1970

DATE	EVENT
February 5, 1970	**Article from *The Plain Dealer* states:** "Right now the Cleveland Plan is unique. But this industry-and-business combined fund drive by eight health agencies is drawing nationwide attention as a better way of raising money. Instead of going to the business community over and over again, hat in hand, the plan solicits once a year. That is the two-week drive that begins today…Included at present are the American Cancer Society, the American Heart Association and the Health Fund agencies: the Arthritis, Cystic Fibrosis, Hemophilia and Kidney Foundations, the Diabetes Association and the Muscular Diseases Society. While the plan helps these eight agencies, it leaves out many others: the National Foundation – March of Dimes, the Association for Retarded Children and Adults, the Cleveland Mental Health Association, Narcotics Anonymous, the Anti-TB League and others. Not all of these groups solicit the public for funds. Others would rather do so 'on their own' than join a group effort."[529]
August 27, 1970	This article focuses on Ed Menter, operator of Reprieve House, who is facing a zoning issue that is threatening to shut down his house. Menter ended up in Walla Walla Prison in Washington. "At Walla Walla, Menter said he began attending Narcotics Anonymous meetings which led to his decision to do what he could to not only stay off drugs himself, but to help others with the habit."[530]
Sept. 1970	Dick F. accepts a job at a new treatment program called White Deer Run in Allenwood, PA. He establishes a policy of allowing up to one drug addict as a patient for every two alcoholics. Addicts received a copy of the *White Booklet* with a statement on the back "compliments of White Deer Run."[531]
September 6, 1970	"Within the past year, scores of drug treatment clinics, information centers, counseling groups and parents' organizations have sprung up in Greater Cleveland in response to the increasing use of narcotics among youth. To bring programs to the attention of the Greater Cleveland community, *The Pain Dealer* compiled a list of helping-hand agencies in the area. The Salvation Army Harbor Light Center Narcotics Anonymous, 2304 East 9th Street. 731-3470. Counseling and withdrawal programs."[532]
October 1, 1970	Narcotics Anonymous in Cleveland, "under the leadership of lay members continued to meet until October 1, 1970 at which time it was decided to discontinue holding meetings due to the numerous other groups now providing service in this area."[533]

1970

DATE		EVENT
Oct.	**1970**	**The following article appeared in the *A.A. Grapevine* and makes reference to an AA group called the Beachcomber's Spiritual Progress Group that included alcoholics and addicts. Tom C. references being part of this group in the story Mid-Pacific Serenity, which first appeared in the first edition of the *Basic Text*. The author of the article is named Flobird:** **"Where the Birds Fly, There Are We: We hold our meetings in the park and anyone interested may come** IT IS BETTER to be a bird than just to think you are one! To be a bird on the wings of love. Our Beachcomber's Spiritual Progress Group started in 1968, at Sunset Beach, Hawaii. It is an open meeting and a traveling meeting; wherever our hearts tell us to go, there we will be! We haven't registered our group with the AA General Service Office, because we never know where we will go next and our only address is in care of general delivery. We usually live in a tent or a van, camping in the parks. We meet spontaneously, whenever other birds fly in to see us. We hold our meetings in the park, and anyone interested attends. Many so-called hippie drug addicts have sat in and found the answer to their dope addiction. We tell them alcohol is a narcotic in liquid form. Why separate it unless we want to feel superior to our fellowman? Seems the hippies think drunks are horrible people, and the drunks think dope addicts are horrible. It's really a divine comedy. Our group came to the big island of Hawaii last year, in January. We stayed at Spencer Park and had many new adventures. We planted many seeds, though some had to be watered by more alcohol or drugs to make them grow. In August, our hearts sent us to the mainland, from California to Virginia Beach, Va. Our greatest adventure there was going to Edgar Cayce's Enlightenment Center, finding many there on the spiritual pathway and discovering that our AA way of life of love and service is like unto theirs. Also, God sent us many birds from the armed forces. In December, our hearts told us to go back to Hawaii via California and the high desert. Arrived back in Hawaii in January. Once again, we are at Spencer Park in a tent, the ocean at our feet. Yesterday, we were twelve around the table. Our subject was: "How do we know whether it is God's will or our self-will?" Our goal is to live, love, laugh, and accept our happiness daily, sharing with all who walk into our lives. God works twenty-four hours a day, and when one of His birds yells for help, He doesn't say, "Sorry, man, I gotta watch color TV."

1970

DATE	EVENT
Oct. 1970	Also, we have found, God accepts everyone that man rejects. In our group, God is the doer of the action. He is our buddy, and as we travel along, our hearts fill with tears of gratitude when we receive a letter from one of the birds who visited with us and found that God truly was in his heart, waiting patiently for him to open the door and let Him out. Many of our birds stay with us to kick the drugs and work the first five Steps, which open the doors of our hearts. Then, one by one, they leave us to make amends and walk towards their spiritual awakening. As we try to let go of our old ideas of life, we find something happens in our hearts. As we admit, accept, and patiently correct, even some of the "new" ideas have to be let go of. We have a lot of fun as we learn to laugh at ourselves and accept the pains of spiritual growth. Really hurts to cut loose of our fears and doubts! The emotional and mental turmoil that comes when we start cleaning our inner house isn't easy to accept, and we are prone to try and find excuses to get off the hook. But when there are two or more going through the same pain, we are able to find the humor behind it. As we "feel" towards an understanding of God, He meets us more than halfway. God is quite a trip! When we reach that permanent high, nothing and no one can take it away from us; each day becomes a heaven on earth; love rules supreme. Thank God for AA. God does provide for those who try to help others. F. J. Kawaihae, Hawaii[534]
October 1970	**Bob Stone reports in *My Years With* NA:** "A woman named June K., an AA member living in San Diego, got in touch with NA members in Los Angeles and with their help got the first NA meetings started at the Black Panther's Hall in October. Help was provided for a number of months, but in time the meeting folded."[535]
October 25, 1970	Greg P. gets clean October 25, 1970. Authors note: Greg's story appears in the *Little White Book* (I Was Different) and in the *Basic Text* (I Was Unique). Later Greg writes the informational pamphlets *The Triangle of Self-Obsession*, *Living the Program*, and *An Approach to Writing the Fourth Step*. Greg also wrote with Jimmy K. the *NA Tree*, which was the first service structure in NA.[536]

1970

DATE	EVENT
Fall 1970	**Bob Stone reports in *My Years With* NA:** "During the middle of the year, a member was harassing other addicts he knew in AA meetings in Dallas, Texas about starting a meeting for themselves. Finally he and his friends Jim P., Bob T., John D., Bob F., Kim K., and Tanya G. got together and in the fall started a meeting in the parsonage of what is now the Old Lovers Lane Methodist Church in Dallas. After awhile they were meeting twice a week, on Saturday and Wednesday. Since the office in California was so slow in getting literature to them, they decided to make their own. Their first printing of the booklet included about five thousand copies about a two year supply for California at the time. The group was small, and when several key members moved, it got harder to keep it going.[537]
December 1970	The "Victoria Group" in Victoria, British Columbia, disbands. James D. did keep notices in circulation with his phone number and continued to do Twelfth Step work.[538]
1970s	NA growing pains will include considerable conflict—much stemming from strong personalities, use of AA literature and lack of NA literature, and perception of power of Jimmy K and his friends.[539]

1971

DATE	EVENT
1971	**Allenwood, PA:** Four men go to White Deer Run in at Dick F.'s request to start an NA meeting in the facility. The members who took the meeting there were Bob K., Ronnie M., Dutch H. and Brian T. The White Deer Run meeting was stopped because Dick insisted on urine drug screens to confirm that the addicts bringing the meeting to the facility were clean. Further, the members attending had to pay for the urine drug screen out of their pocket. Also during 1971, a meeting was started at Eagleville Outpatient in Norristown, PA.[540]
1971	There are three different sources for the number of NA meetings worldwide: 38 NA meetings worldwide[541] 40 NA meetings worldwide[542] 50 NA meetings worldwide[543]
1971	Jim N., who found recovery in Alcoholics Anonymous starts a Thursday night NA meeting at St. John's Hospital in Salinas, KS. Jim states that, like with many people, Jimmy K. discouraged him from moving to California where NA existed, telling Jim instead to start NA where he was. The meeting in Salinas ceased meeting after Jim moved to Iowa.[544]
1971	**The following excerpt is from "Aspects of social relationships in heroin addicts admitted for treatment," written by H. Dale Beckett (Consultant Psychiatrist, Cane Hill Hospital, Coulsdon, Surrey, United Kingdom) and K. J. Lodge (Special Advisory Officer in the Social Services Department of Lindsey County Council) and published in the United Nations Office on Drugs and Crime *Bulletin on Narcotics*:** This article is based upon a study of 34 male heroin addicts admitted in 1966 to Salter Narcotic Addiction Unit of Cane Hill Hospital in Coulsdon, Surrey, United Kingdom. "During the period of rehabilitation two stayed for a time at a home run by Narcotics Anonymous-an evangelical trust. One seemed to have responded to this."[545]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1971

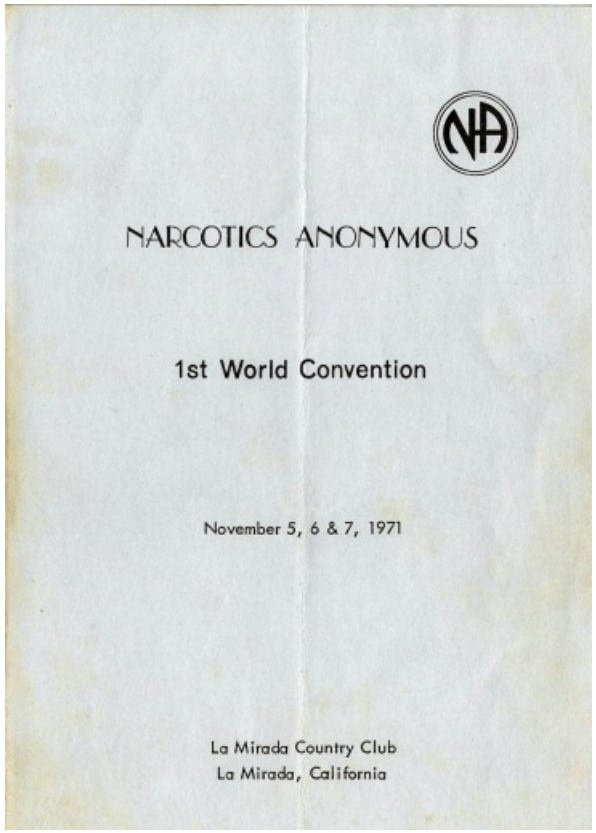
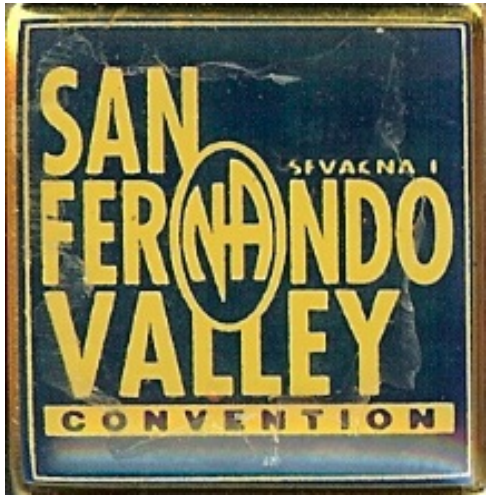
DATE	EVENT
January 12, 1971	Cy M. passed away.[546]
February 15, 1971	In a letter to Albert B. Logan, Director for the National Institute of Judicial Dynamics, Major Edward V. Dimond states that Narcotics Anonymous was started in Cleveland on November 6, 1963. The group continued to meet until October 1, 1970.[547]  Major Edward and Major Dorothy Dimond
March 1971	In August 1971, Sylvia M. receives a letter in Berkeley from an Al-Anon member in Sao Paulo, Brazil named Sonia M. Sonia reports that they started a group for addicts five months earlier called Toxicomanos Anonimos and that six members were off drugs.[548]

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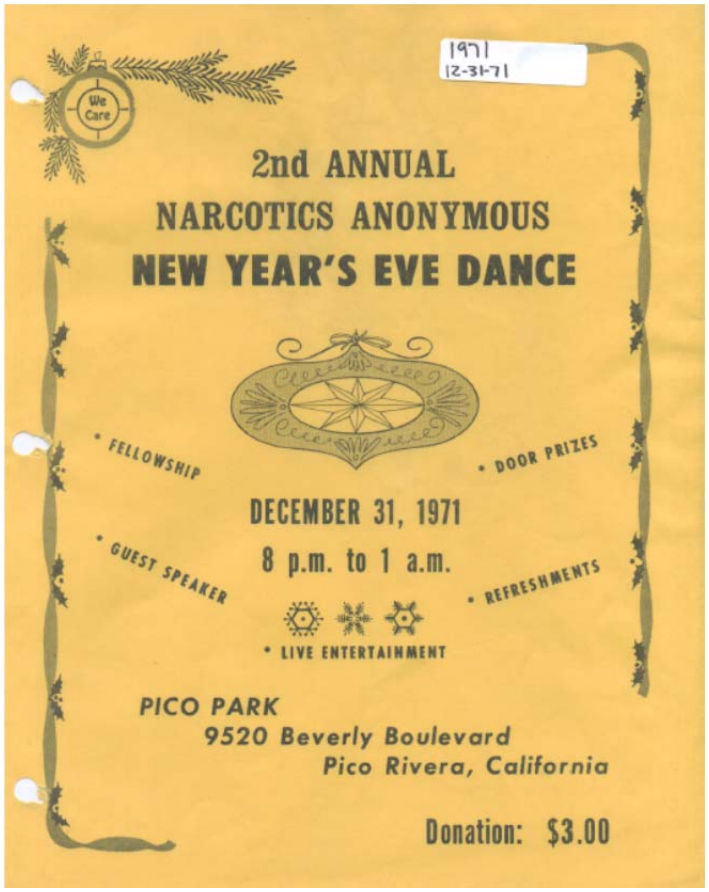
1971

DATE	EVENT
September 20, 1971	The Board of Trustees send a letter to the fellowship inviting them to a "Narcotics Anonymous Conference." "…This Conference is not limited to N.A. members; all those interested in Narcotics Anonymous, or wishing to learn more about our N.A. recovery program, are cordially invited to attend. In addition to an official business meeting for delegates from all N.A. groups, we will have speaker and participation meetings, general discussion sessions, a banquet, and sufficient free time for those who wish to visit Disneyland, Knotts' Berry Farm, or other nearby attractions. Come and bring your friends. The principle purpose of this Conference, however, is to get together delegates from N.A. groups in all localities (both in the U.S. and in other countries) to establish an N.A. World Central Office and elect a paid, full-time business manager to be in charge of this office. The formation of a central office and the election of its manager by representatives of N.A. as a whole (rather than by members from any one region) were so voted by the Board of Trustees of Narcotics Anonymous at the July 23, 1971 Trustees' meeting. We feel that such a World Central Office will do a great deal toward solving the communication problems that have arisen in N.A. during its recent period of rapid growth. We want to be sure that the experience, strength and hope developed over the years in the many area where N.A. has been effective are made available to new groups everywhere. We want to make sure that requests for N.A. literature and for information about our fellowship are answered promptly and accurately. However, we're not inviting you to just a business meeting, important though the business may be. This will be the first conference given for Narcotics Anonymous as a whole, and we'll have various types of meetings, socializing, and lots of fellowship. So please plan to attend – the more the better. Pre-registration forms are included with this letter. Please let us know if you are planning to attend. If you need additional registration forms, or if you would like more information about the Conference, just write to the address on this letter (preferably to 'Attn: Conference Committee.') We look forward to seeing you in November. Yours in fellowship, Narcotics Anonymous Board of Trustees"[549]

1971

DATE	EVENT
Nov. 5 – 7, 1971	 First NA World Convention held at the La Mirada Country Club with close to 200 attending. It is decided during the convention that the fellowship should have a paid office manager.[550] 
December 1971	Greg P. is elected chairperson of the General Service Organization. Minutes from the December meeting also state "As of January 1, 1972, The NA World Service Office will be located at 2335 Crenshaw Boulevard," a building that was already leased by Bob B.[551]

1971

DATE	EVENT
December 31, 1971	The 2nd Annual Narcotics Anonymous New Year's Eve Dance is held at Pico Park in Pico Rivera, California.[552] 

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1972

DATE	EVENT
1972	There are two different sources for the number of NA meetings worldwide: 63 NA meetings worldwide[553] 70 NA meetings worldwide[554]
1972	New meetings are reported in Phoenix, Arizona; Denver, Colorado; Ontario, Canada; Iowa City and Mt. Pleasant, Iowa; Duluth and Minneapolis, Minnesota; and Cleveland, Ohio.[555]
1972	**Norristown, PA:** The meeting started at Eagleville Outpatient moved to St. Augustine Church on Green & Basin Streets. "The Norristown meeting was under surveillance at this time there was two cops when you went in the meeting and two cops when you left. One evening there was a knock at the door it was two cops, they had this guy they pushed him into the meeting and said we're tired of arresting this guy see what you can do to help him. The guy stayed clean for a few months and the cops did not come back."[556]
1972	A meeting is started on Thursday nights at a drug rehab in Bucks County, Pennsylvania.[557]
January 1972	Through the efforts of Bob B., NA was able to open a service office at 2335 Crenshaw Boulevard. Bob B. became the office manager. An NA member named Julie is hired as the first special worker of NA World Service Office.[558]
January 1972	Addicts in Hawaii were attending Alcoholics Anonymous meetings. The first NA meeting was started as a result of the tensions over having addicts attending AA meetings. "One of the vocal adversaries within AA was Pete P., who ironically found himself running a methadone clinic in 1971. After getting disheartened that so few were getting clean, he eventually talked to Tom, who told him about NA in California. He quickly wrote to the Sun Valley address and obtained The Little White Booklet. In January of 1972 he arranged for a meeting place at Fort De Russy (and old Army facility). He convinced Tom and several others of Flobird's group to come if he would bring some newcomers. For six weeks he opened the meeting, had coffee ready, and kept things going. At that last meeting he told the addicts it was their NA meeting, and he never came back again."[559]
January 24, 1972	An early alcoholic patient at White Deer Run in Pennsylvania, named Don L., along with Dick F. started a meeting called "Drug Abusers Anonymous."[560]

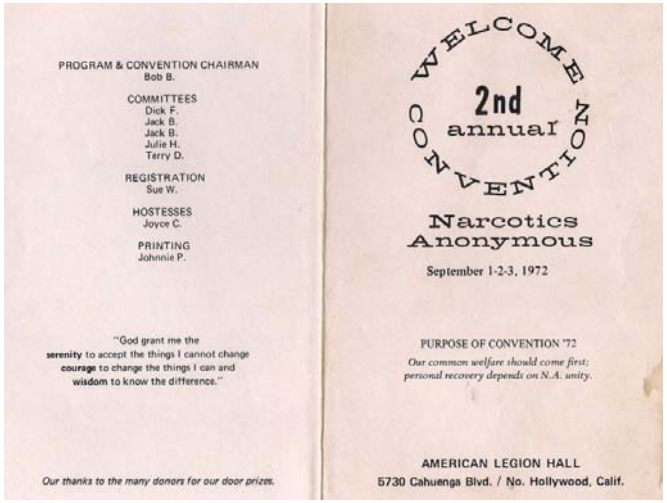
1972

DATE	EVENT
February 1972	A handwritten letter goes out to the fellowship from the "Book Committee, NA World Service Office" that states: "WE NEED YOUR HELP! As you know, the Board of Trustees has authorized the preparation of a hard-cover book, entitled Narcotics Anonymous, to enlarge the present pamphlet of that name. We plan to have a much expanded description of the drug addict, the drug dependency problem in general, and our program of recovery – what it is and how it works. We hope that this new book will fulfill the same needs as AA's Big Book, Alcoholics Anonymous, which has been so important to our recovery. However successful AA's Big Book has been for us, we desperately need to present our program of recovery and way of life in terms which are meaningful to the newcomer who cannot identify with alcoholism. How many have died because of this lack of identity…If you or any members of your N.A. group would like to submit drafts of stories or chapters for possible inclusion in the book, please do…"[561]
April 29, 1972	Narcotics Anonymous General Service Committee Meeting April 29, 1972 1:00 pm to ????? Agenda I. Unity – Billie – San Jose N.A. II. Relating to N.A. and A.A.: N.A. is an outside issue to AA and vice versa. We must get it together. III. New Literature – This Is N.A. and Twelve Questions. IV. List of Names of Trustees: Questions re: Trustees, how are they appointed, who appoints them. Do they have By-Laws? How many of those Trustees are affiliated with Recovery Houses? V. Re: Literature--- "Glossary" (N.A. in the drug education business????) VI. N.A. – Bay area in decision-making policies why aren't we consulted: what brought this up was the news of another conference, in such the same way was the last one, which we feel if it were held in a park gym, or similar low-price facility, we could make money for N.A. instead of Country Clubs. Even tho' the conference is not in our region, what about N.A. as a whole. It makes us feel left out, even if you did not agree with us, you could inform us before the final decisions are made. Agenda made up by Sylvia from notes takens (sic) at our picnic last month.[562]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
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May 1972	A letter is sent to the World Service Office from a member in Cleveland who informed them they received assistance from a member in San Francisco, that they have two meetings a week and have written their own piece of literature that's called "The Twelve Points."[563]
June 1972	Three meetings are started in Pennsylvania by Brian and Ray T., along with a long list of partners from Eagleville Hospital (Roy P., Dutch H., Sharon I., Maureen McG., Mike and Jim S., Jimmy B., Bill B., Jimmy C., Ron M.). These meetings were at the First Christian Church at tenth and Boulevard (Friday), Muhlenberg Lutheran Church on Ruscomb Street (Tuesday), and another across the river in Bellmawr, New Jersey (Saturday).[564]
July 1972	Pat H., a heorin addict, finds recovery through Alcoholics Anonymous in Atlanta, GA at the age of 19. She will later help start the first NA group in Atlanta in 1974.[565]
September 1972	Four addicts from Philadelphia came to Williamsport, PA in support of fellow addicts. The first Narcotics Anonymous meeting was recorded on tape at the Divine Providence Hospital with 4 – 6 addicts attending.[566]
Sept. 1 – 3, 1972	2nd World Convention of Narcotics Anonymous is held at American Legion Hall in North Hollywood, CA. The theme of the convention is *Personal Recovery Depends on NA Unity*.[567]


PROGRAM & CONVENTION CHAIRMAN
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"God grant me the serenity to accept the things I cannot change courage to change the things I can and wisdom to know the difference."

Our thanks to the many donors for our door prizes.

WELCOME TO OUR 2nd annual CONVENTION

Narcotics Anonymous

September 1-2-3, 1972

PURPOSE OF CONVENTION '72

Our common welfare should come first; personal recovery depends on N.A. unity.

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September 13, 1972	Julie, of the office, prepares a World Directory of meetings. Listing meetings only outside of California the World Directory includes "information on eleven meetings and contacts for an additional eleven groups whose meeting time or location was not given."[568]
Sept. 22, 1972	Don L. helped start another "Drug Abusers Anonymous" meeting.[569]
October 1972	Rae Lopez passed away.[570]
Nov. 8, 1972	Article by Al Thompson appears in the *Cleveland Press* titled "Nobody has ever died from heroin cold turkey." This article is of significant interest because it contains a reference to the Four Absolutes of the Oxford Group. "Narcotics Anonymous, an on-again off-again organization which has struggled for survival in Cleveland since the early 1950's, now appears to have established itself here. Since 1953, when five drug addicts tried to get an organization going here, Narcotics Anonymous (NA) has grown to the point where it meets three times a week and has about 300 members in the Cleveland area. The NA technique is identical to that of its more famous brother, Alcoholics Anonymous. 'We do it on the basis of well, look, I had the same problem' explained Richard K., 44, general services officer in Ohio for NA. 'You say you've got a pill problem? I threw away that bag of pills. You say you're on the needle? Well, come on. We don't have any kick pads (rooms to withdraw in), but if you want someone to stay with you while you cold turkey we'll be glad to spend the time.' 'I cold turkeyed myself. And I've helped 100 people to cold turkey during that past nine years, so I know it can be done. No one ever died from heroin cold turkey,' according to Richard. The NA technique is based on the 12 steps of AA.

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Nov. 8, 1972	Among them are: Admitting one's powerlessness over his addiction; trusting one's life to the care of a God 'as we understand him; make direct amends to people the addict has harmed whenever possible; to carry the NA message to other addicts whenever possible and to practice its principles forever.' 'We attempt to practice the principles and precepts of absolute honesty, purity and unselfishness and love,' said Richard K., quoting NA doctrine. 'We quote not saints. We strive toward improvement rather than perfection.' As with AA, NA operates on strictly confidential first-name only basis. There also are no fees, dues, pledges and no promises to make to anyone. All weekly meetings are at 7 p.m., on Mondays at Epiphany School, 1190 Oakfield Ave., and on Wednesdays and Fridays at the Crisis Center, 3408 Lorain Ave. Interested persons can either attend any of the meetings, or call and ask for Narcotics Anonymous at 651-8200. Further information can be obtained for $(missing) by writing NA, P.O. Box 6521, Cleveland, 44101.[571]
1972	A fellowship newsletter is printed with the 2335 Crenshaw Boulevard address, featuring an article from Mel H. titled "From One Man's Opinion."[572]

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1973	Jim N., who had moved from Salinas, KS, starts an NA meeting in Cedar Falls, Iowa. The meeting lasted less than a year and ceased when Jim moved to Nebraska.[573]
1973	The WSO receives a letter from Brazil about a group called Toxicomanos Addictos.[574]
April 1973	An NA Intergroup is formed in Philadelphia. By-laws similar to the WSO are adopted, a hotline is started, meeting schedules are printed, social activities and raffles are held, a newsletter is published, NA literature is published and a pamphlet similar to AA's 20 Questions is created.[575]
June 1973	The Northtown Area is formed in Pennsylvania. Dutch H. was the first chairman. The area also started a hot-line.[576]
August 18, 1973	20th anniversary of Narcotics Anonymous is celebrated at the Islander Restaurant on La Cienega Boulevard. Jimmy K. is the keynote speaker.[577] Bob B.: "The 20th Anniversary is, I think, a good occasion for me in terms of—I was not around for the 20 years because I was still playing crazy. But about 15 years ago, when I did come around I met some people that---something happened in the process. And it wasn't to happen for another three years; before I was to get clean at the insistence of the state. And then to find out that I could come out after a couple of years and to stay clean over a period of over ten years. It wouldn't have been possible if there wasn't people like the people in this room that kind of insisted, kind of pushed, kind of bad rapped me, they kind of held me up. They gave me all the things that were necessary, the things that I needed. And at the same time, one person that I became very close to, at that time, stayed in close touch with me over the years—giving me some confidence in terms; that I could do it if I would only try. And we've been through many trials of error in my growing up. And at the same time, we've shared a lot of heartaches and pleasures also. I'm going to let him tell you his own story in terms of what happened. At this time, I've been going through papers—our offices and things have been in trunks of cars and back of garages—in cardboard boxes, in old filing cases, and what have you. And many of these things that I've kept over a period of years is an original set of By-Laws that were adopted in 1953. August the 17th, which was yesterday—today is like a year (20 years) and one day. This set of guides that were set down in order to determine, how to run, or to govern NA as a whole; some particular guides. There have been many, many additions and changes since then. But at this time I thought it would be appropriate that I put these here By-Laws in some kind of archives for safe keeping. And who better is there to give this

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(to), and put it in safe keeping, but the person who helped put it together, kind of shepherded it around, kept us all tied in some manner together. And I put them in a binder so that he can probably put them away with the rest of his treasures as a remembrance of, say, oh—that's where it started and this is how it is today. And I would like to, at this time, to introduce and present this here set of By-Laws as a token of safe keeping and a token of whatever. I can't—don't even know the words to express it—to Jimmy K., one of the founders of NA; and one of the people who has been a mainstay; and one that keeps it together—and has kept it together through many of the years that it has been around. So, this is the By-Laws, an original set, and I'm going to give these here to Jimmy.

And at this time Jimmy probably can give a little more background and highlight as to where it came from, what happened, and what's happening right now. I'm gonna turn it over to Jimmy K."

Jimmy K.: "My name's Jimmy K.. I'm an addict and an alcoholic. I've been on the verge of tears for about one hour here and that almost did it. But I'm not ashamed of tears anymore, providing they're the kind that are shed for something that's worthwhile. That just about wiped my brain clean, I can't even remember what I was going to say now. However, in our fellowship, at any time, our main purpose has to be always foremost in our lives: whether we're socializing with each other in our individual homes or whether we're at a

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August 18, 1973	gathering of this kind, particularly this kind. What I have to remember, personally, that I'm here, and possibly all of you are here because of people who'll never be here. Most of you have noticed that there are a few pictures over there on that easel. These are some of the pictures of the beginnings. We started long before NA was a reality, even in name. We grew out of a need, we grew out of a need and we found: Those of us, who were members, had come into AA, and found we could recover. In AA we found out that many addicts were still going down the road of degradation and death. And we thought it was right that we should try to do something. But, you know, we're funny people, the more we try to do things together, the more we fight each other and the more we tear each other apart—tear down the very thing we try to build. And that's been the history, up until a few short years ago, of Narcotics Anonymous. We tore down as fast as we built. That's the kind of people we are and we must recognize that to recover. All of us must know the nature of the illness, the nature of the addict, and the nature of recovery. All these things are necessary to grow, and to live, and to change. And we started from resentments; resentments made us grow. Before NA there was HFD (Habit Forming Drug Groups). These were hidden, these were two or three people meeting in apartments, here and there. Nobody knew where they were; they demanded certain things, and were dominated by one or two persons. You know, you and I don't go for authority, we don't like authority. A few of the people I met down on skid row years ago from East LA formed another group known as Addicts Anonymous. They infringed on the AA name and they died very quickly because they too were dominated by one man. We had another group started in the valley then that also called itself HFD and was dominated by one man. So we found out very early, and our experience has taught us that we can have no bosses, no big shots in Narcotics Anonymous. For a while after we formed: A lot of things happened that I'm not going into tonight— but due to some things that happened and due to the nature of the addict, the nature of our illness, some people were put in a position where they became the leaders again, the 'Great White Father.' You know, we can't have a 'Great White Father' or a 'Big Momma,' you know, it doesn't work in this organization. And NA died once more, and the friends of ours in AA helped to pick us up, and said, 'Don't let it bother you.' These were the real friends we had in the beginning; members of AA who believed in us, members of AA had themselves a dual problem at that time and recognized that. They came and helped us

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August 18, 1973	get started again. But again and again this happened in this organization. One person would try to dominate the whole movement. And every time it happened we began to die, because the Traditions go down the drain when we try this. And one of the first things that we said when we met as a group in that house, number 'one' up there where we formed those By-laws that Bob was talking about; where we sat together trying to iron out some of the things we wanted to do. We came down to very simple ideas: Number one. That we believed that this program of 12 Steps would work for addicts as well as for alcoholics. Two, that the Traditions must be followed if we were to grow, and grow as a fellowship that could stand on its own feet aside from and away from Alcoholics Anonymous. We could take our own place as a fellowship, and not be dominated by or affiliated with anything of anybody else. And we said we would keep a place open for at least two years—and if, in two years, one or two addicts showed that this program could work for them; we would have felt that it had been worthwhile. That, fundamentally, was what we started with. But we argued about it for about six weeks before we put those By-laws on paper, and then we didn't want the By-laws. The sooner, I figured, we could get rid of the By-laws, the better off we'd be; because the policies of the Traditions are enough to guide us in what we have to do. The Traditions will save us from ourselves. And this is what is so necessary for a fellowship like ours. This is life -- the other way is death as we know it. But how hard and how difficult it is not to go back? How difficult. The first big order of business we had when we got together was the name. I was the first Chairman of what we then called - uh - nothing. 'AANA,' that's what it was called and I said, 'You simply can't do that. You made me your Chairman, we're gonna have to find another name, we can't call ourselves AANA or NAAA.' And the Committee who voted me the Chairman immediately vetoed what I said. Right, that's a good way to start. They vetoed everything I said the first night, so I thought I was off to a pretty good start. I wasn't going to get away with any horse shit from these people. They were going to find out what was right to do. And so the first order of business was to contact Alcoholics Anonymous to find out if we could use their name; and they found out that you couldn't do it. So I got the satisfaction, at least, of being right on the first thing that they vetoed. That made me feel a little better, you know, because I got news for you, I get my own way most of the time. I know you recognize that, because so do you. That's the kind of people we are. But we had a lot of trouble when we first got together; because I'm just like you are and you're just like I am. You're going to have to show me that what you say is going to work or I ain't going to go along. And thank God we are like that. I think that's what makes this program work eventually.

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August 18, 1973	It was very hard to find a place to meet; after we got together and agreed what we were going to do. You couldn't find a hall to meet in. Nobody would allow us in. They didn't trust us in any way, shape, or form. And it's pretty sad when you go from one place to another after you've got something real good going and nobody will let you use their hall. You know! Eventually we did find a Salvation Army hall and they allowed us to use it for five dollars a month. You know, that's pretty good, but there were no facilities there. There was one little restroom with a hand basin and a bowl in there, and that was it. There was no kitchen, so we had to go out and buy a little electric stove and some coffee pots, some cups—which I still have at home. I found them just this week; I've had them all these years. We used to give them to each other because this week you might meet at my place, which is the second picture up there and next week we might meet at your place. So you took the cups with you so everybody would have a cup to get their coffee in. You know, not many of us had more than a couple of cups in our houses then; in fact, not many of us were working. But that's the way it was. I still have those things. On the table here is the copy that we drew up, or rather Doris drew up, and Guilda, for the newspaper as our announcement that we were now in business. You know, we now had a hall, we now had a set of By-laws, and we now had a purpose. And it says here: This is an informal group of drug addicts, banded together to help one another renew their strength in remaining free of drug addiction. Our precepts are patterned after those of Alcoholics Anonymous, to which all credit is given and precedence is acknowledged. We claim no originality but since we believe that the causes of alcoholism and addiction are basically the same we wish to apply to our lives the truths and principles which have benefited so many otherwise helpless individuals. We believe that by so doing we may regain and maintain our health and sanity. It shall be the purpose of this group to endeavor to foster a means of rehabilitation for the addict, and to carry a message of hope for the future to those who have become enslaved by the use of habit forming drugs. Starting Monday Night October 5, 1953, each Monday night there after at 8:30 pm, corner of Cantara and Clybourn, Sun Valley, California, directly behind the Sunland Lumber Company. I got news for you, the Sunland Lumber Company is now defunct, but we're still living. The Salvation Army hall is still there—there are 2 pictures if it up on the top line. It is now a Spanish church.

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August 18, 1973	Some of the other pictures up there are where we had some of our 'Rabbit Meetings.' We called them 'Rabbit Meetings' then because we never knew where we were going to meet. If there were 5 or 6 of us at a meeting tonight we decided then whose apartment or whose house we'd have the meeting in next week. And you would take the cups and sugar bowls and the format with you, you know, and then we'd meet at your place next week. It wasn't that we who were getting into the program then were so afraid of the law but the newcomers were scared to death. I made a sign and we put it outside of the front door of the church there that said NA Meeting tonight at 8:30. And then we opened the door for business and we'd get about a dozen alcoholics in there who came to help us. And then a car would pull down around the corner slowly and they'd look at the sign and then they'd split. You know they thought it was staked out. They wouldn't believe us when we told them there was no surveillance. And we weren't just too sure in the beginning ourselves. Because as a group we decided we were going to get right with the law at least and we went down to the Narcotics Division. And we told them, we didn't ask them, we told them we were going to have a meeting of addicts. And they raised their eyebrows a little bit when we first mentioned it. But there were 5 of us down there. A Miller, I forget if he was a Lieutenant or a Captain then, he listened and he said, 'It's about time something like this happened. I've been trying to help addicts for years and with no success— I can't help anybody.' And so he called in a lieutenant to listen in on our conversation and see what he thought. And he was a hard-nosed, old style, hope-to-die cop who knew for sure, who knew for sure, that none of us could recover, you know. And he listened and Miller was saying, 'I like that idea.' 'I'll go along with that idea.' 'I buy what you have to say.' 'I'll do everything I can to help you.' All the way down the line he was all for us. He kept his word, by the way. And he said to this lieutenant, 'What do you think?' And the lieutenant said, 'Ain't gonna work, once a junkie always a junkie. You know that, God damn it. There's never any of them gonna get any better. I don't care what you say, I don't care what these people say, it ain't gonna work.' And old Pat, who was sitting back there with his mouth shut all this time and never opened his mouth says, 'Lieutenant, my name is so-and-so, I was born and raised in such-and-such a place, I got arrested the first time for such-and-such a thing, and I was sentenced such-and-such a time for so many years; and starting there I want you to go back and check my record all the way through. I've been in every God damned federal pen, except Dannemora, in the country. I'm the last of the Peterman, and I haven't had a bit of junk for 18 years. I haven't been in jail for 18 years and this program works for me. Now you look it up and prove it to yourself because I was never out of jail from the time I was a kid until the time I

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August 18, 1973	found this program.' And the guy didn't know what to say. Pat said, 'Now I mean it, check it out.' Whether the guy ever checked it out, I don't know; but I know that the police department and the Narcotics Division kept their word to us. And they never staked us out, they never busted us in any way, shape, or form—never rousted us coming or going to meetings. And so, we in turn kept our word, we policed ourselves and we followed the Traditions as best we knew how. And this is what has made us basically begin to grow in the past 12 years. A few of the other buildings (on that, a few of the pictures up there) [referring to visual aids] were men, one man in particular, who started AA within some of the Federal Institutions many years ago and helped us start Narcotics Anonymous in Walla Walla, in San Quentin, and a few other places. Les has since died, too. I don't know what the hell I made these notes for, anyway, `cause I'm not following them. We did begin in 1960 again, the beginning of 1960, with about 4 people. And started to build the group up again according to the original concept; the Steps for the individual and the Traditions for the groups. And we've been growing slowly and steadily ever since. Primarily, I believe, we've been growing because we haven't had the domination of any one group of people; particularly in the area that most of us know—California area. I think primarily that is the reason, the main reason for the big difference. Plus the fact that more and more addicts know the value of 12-Step work. It used to be we could never get addicts to go on 12-Step calls. Some strange things used to happen, you know, when about 8 or 10 addicts, in a group, would descend on some poor, unsuspecting little junkie who was dying in a back room someplace in his mother's home. And we'd descend on him like hornets — whooo! You know! Everybody'd get scared. We had to go in groups because nobody would go alone or singly or in couples to go. Everybody was afraid they would get loaded if they went and called on another addict. So that was another one of the myths that we build up ourselves that we can't go and call on somebody who's using without using ourselves. One of the greatest lies of all time. You know it ain't true, not a damn bit true. And this is one of the reasons we grow. Plus the fact that we follow, possibly, the best thing that any of us can do, we are willing to listen. 'Bob, what did you do with my other notes? Steal them?' Oh, here they are. I resigned one time as chairman of NA before I really got going again, because of the very thing I'm talking about. I

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August 18, 1973	resigned because we were not following the Traditions of Narcotics Anonymous. It's a strange thing, I said I was going to mention it tonight and then I decided against it—but I am going to talk about it. Because actually, although we had meetings going for several years, about 4 years, there was no Narcotics Anonymous. Because one of the things we said that we would call ourselves an NA Organization and Fellowship as long as we used the Steps and the Traditions. So when we stopped using the Traditions and became a one-man-rule proposition there was no longer really any NA. I mention it for two reasons; because it died out and there were only a few of us left, but it also points out the fact that this program, once we begin to live it, we can't let it go, it's going to grow again. This program is not going to die out, if all of us in this room right now—and this is a miracle in itself —if all of us in this room don't make it, this fellowship is not going to die out. Not because I say so, but because that's the very nature of recovery. That once there is the knowledge that something can be done it is never lost. Somebody will pick it up and continue. We've come an awful long way. I paraphrase commercials an awful lot and there's a good paraphrase in our structure of Virginia Slims, 'You've come a long way baby, you know, to get where you are now.' And, I'm not going to say a hell of a lot more because, uh, I'm too high right now; I'm going through the ceiling right now. We're growing faster now than we ever did before. We're in more states, we're in more countries, and there are more opportunities for each and every one of us to find our place in Narcotics Anonymous and carry the message of recovery to addicts all over the world now. We can no longer try to contain it here in California or in this country. But it's going to take everything all of us got. it takes everything we've got to stay on this program. This is a blood and guts program. This is not a program for panty wastes—but there are no panty wastes in NA. If you're an addict you've got a lot of guts to begin with, or you wouldn't be here; so let's put them to good use. Let's take this thing that we've got and make something better, even than it is, out of it. You know that I've said many times, a long time ago, that a man without a dream is only half a man, and a fellowship without a vision is a farce. And I still believe that and know damn well that we can find fulfillment in living a day at a time here. And a day at a time our vision and our Fellowship can become a greater reality. They're the things that I'm still interested in. Two years ago at the convention, when I had just regained my voice, I said then that as long as I live I would use what voice and what strength I have to further the efforts of Narcotics Anonymous and that other beautiful fellowship I belong

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August 18, 1973	to, Alcoholics Anonymous—and I intend to do that. But it's going to take all of me, and it's going to take all of you, and all the people that you're going to talk to, and all of the people you're going to carry the message to, to make this a greater reality. There are people out there on La Cienega Boulevard dying of our disease. There are people all over this world dying of our disease, and, believe it or not, we are truly the only people who can really help them. Let's never forget that. You and I have been given, through illness—through suffering—and through disease, a talent for helping other human beings like ourselves. Let's never forget that we have it and that we are responsible for others. But primarily, we must be responsible to ourselves and —I seldom talk about Higher Powers, the particular concept of a Higher Power that I have, around the group; but believe me I have it. And, I don't know how many people are in this room tonight. I don't know if there's 100 here or 110 or 112, but over and above all of us, and in and through all of us, there's a power that there isn't anywhere else in the world. That's what Narcotics Anonymous is all about. That's what it will always be all about. And I'm serious tonight. I'm live serious not dead serious. This is a program of life and living. I've been serious long enough and I hope for the rest of the night we all have a hell of a lot of fun, because that's what living's all about. Thank you very much."[578]
Oct. 19 – 21, 1973	3rd World Convention of Narcotics Anonymous is held in San Jose, CA.[579]
Fall 1973	Julie leaves the WSO after more than a year and a half.[580]
Fall 1973	The general service office moved to 1246 North Highland Avenue, near Sunset Boulevard in Hollywood, CA.[581]
Fall 1973	**The following history of NA in Minnesota has been documented by the Minnesota Region of Narcotics Anonymous:** "The birth of NA in Minnesota isn't well documented, but oral history speaks of the first Narcotics Anonymous meeting forming in the fall of 1973. It met on Thursday nights at 8:00 PM at St John's Episcopal Church on 42nd and Sheridan Ave South in Minneapolis. There may have been earlier, sporadic attempts to form NA. According to one long-timer, that first meeting was "pretty chaotic...nobody had any clean time." The meeting used an early format of "how was your week" as a topic of sharing. Their decision to emphasize working the steps improved matters."[582]
December 12, 1973	**The first Area Service Committee is formed.** In a letter to the Chairman, General Service Board of Narcotics Anonymous; Chairman, Southern California Regional General Services Organization of N.A.; and Secretary, World Service Office of N.A., Greg P. (Chairman of the San

1973

DATE	EVENT
December 12, 1973	Fernando Valley Area General Service Organization) writes: "The N.A. Groups identified as Sunday – Cri-Help; Monday – Studio City; Monday – Glendale; Wednesday – Van Nuys; Thursday – Step and Tradition Study; and Friday – North Hollywood (each having been active for a period of at least sixty (60) days; and each located within the geographic area designated by the telephone company, the Public Utilities Commission, and the Federal Communications Commission as the Northwestern Section of Los Angeles); in accordance with the Twelve Traditions of N.A., the ideal general service structure of N.A. as provided for in conference on April 30, 1969, and guided by the proven experience of Alcoholics Anonymous have banded together to form the San Fernando Valley Area General Service Organization and in so doing to further the 'primary purpose' of Narcotics Anonymous. In addition, to maintain the structural lines of representation and communications within N.A., we have elected a delegate as representative to the Southern California Regional General Service Organization. From this date forward said representative and his alternate shall attend all Southern California G.S.O. meetings and are authorized to speak for, vote for, and otherwise fully represent all active meetings within our area. The current elected Delegate is Jeff S. and his alternate is Jack B. You, or your successors, will be notified of any Delegate changes in writing prior to the regularly scheduled Southern California G.S.O. meeting. Yours in Fellowship Greg P. Duly elected Chairman S.F.V. Area G.S.O."[583]

1974

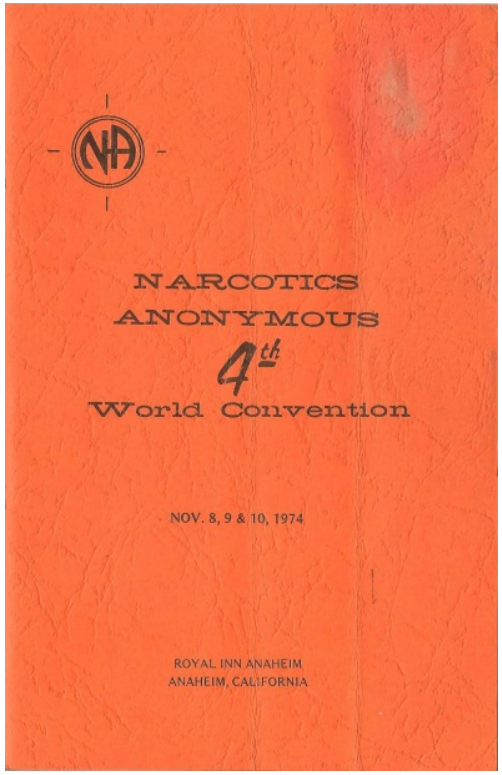
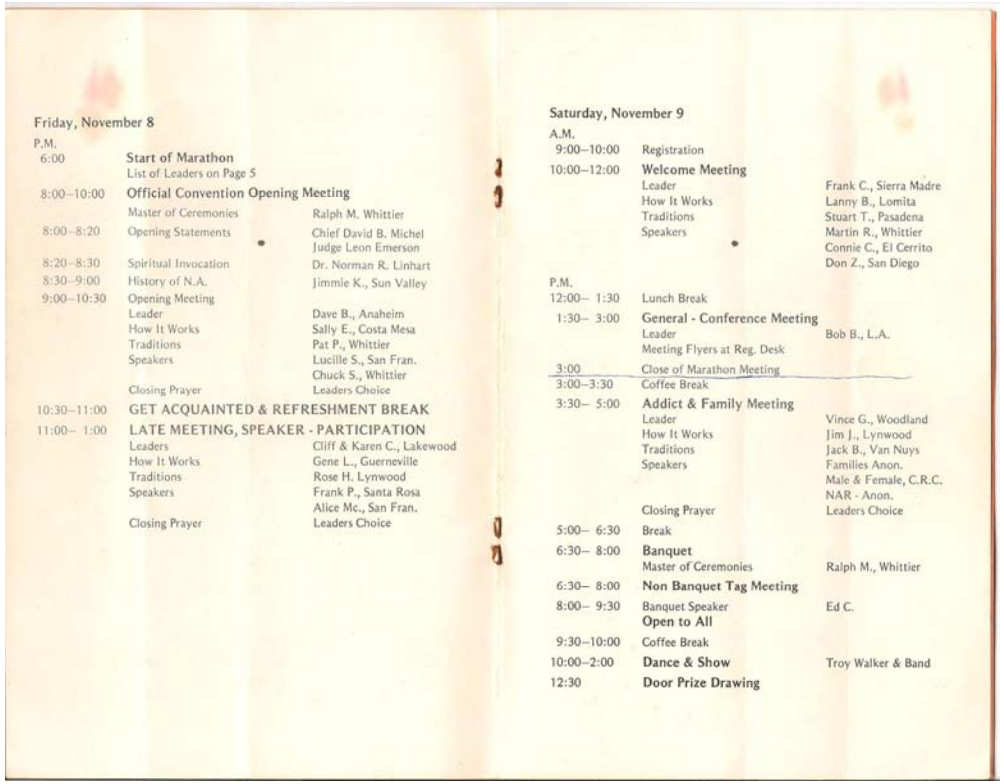
DATE	EVENT
1974	April *A.A. Grapevine* "They Cared Who I Was" D.K. from Ann Arbor, Michigan describes using AA to recovery from addiction[584]
1974	Bob B., serving as the office manager, wrote the fellowship stating that the office was still collecting material for a book.[585]
1974	Larry G., who had found NA in California, moved home to Fargo, ND. He and a couple other newcomers staying clean in AA started an NA meeting at Christ the King Lutheran Church, across the river in Moorhead, MN.[586]
January 1974	The first NA meeting is formed in Portland, OR by a man named Harry W. Two priests helped him start the meeting that was held at Immaculate Heart Church.[587]
February 1974	The U.S. Public Health Service Hospital in Lexington, KY closes.[588] 

1974

DATE	EVENT
July 10, 1974	Bo S. gets clean. Bo would later play a vital role in the creation of our Fellowship's *Basic Text*.[589]
August 24, 1974	Pat H. starts the New Connections Group in Atlanta, GA. Pat had been approached by a woman in Alcoholics Anonymous who said "Why don't you help get these addicts out of A.A.? You've heard about Narcotics Anonymous, haven't you? They're in California." Pat contacted Synanon, the only drug program in California that she was aware of. She spoke with Chuck Dederich who told her how she could contact the World Service Office. She called the WSO, but never received a return call from the message she left. A friend helped put Pat in contact with Jim P., a founding NA member in Dallas. Pat received a letter from Jim along with some bootleg copies of the *Little White Book*. To help the meeting grow, Pat sought out other addicts from Alcoholics Anonymous. Among these were Bo S. and Cecil L.[590]
August 26, 1974	*Los Angeles Times* article focuses on Narcotics Anonymous. It focuses on a Tuesday night meeting at Beverly Manor Hospital on Tustin Ave. More than 30 people attended this particular meeting. This meeting has been held at Beverly Manor since January of 1974. The article also states that NA groups have been meeting in Orange County since 1967. The article also states that there is a NA meeting Wednesday nights at the Balboa Island United Methodist Church (115 Agate Ave.); Thursday nights at St. Mary's Episcopal Church in Laguna Beach and Friday nights at the Parton Street Apartments in Santa Ana.[591]
October 23, 1974	An addict named Bob B. began attending Alcoholics Anonymous meeting in 1974. Soon he found that members of Alcoholics Anonymous were asking him to stop identifying himself as an addict in meetings. He was even banned from attending some meetings. Over coffee his friend Pete F. suggested that he contact Jimmy K., who had started a program for addicts in California. Bob got in touch with Jimmy and Jimmy mailed him a Little White Book. Bob called Jimmy and asked "Where are the instructions?" Jimmy asked if he received his package. When Bob said that he had, Jimmy responded "That's it!" On October 23, 1974, Bob B. started The Mainline Group at 421 Iris Street in West Palm Beach, FL.[592]
Nov. 8 – 10, 1974	4th World Convention of Narcotics Anonymous is held at the Hotel Royal Inn in Anaheim, CA. The theme of the convention is *Just For Today*. Anaheim Police Chief David Michaels addresses the opening meeting.[593]

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1974

DATE	EVENT
Nov. 8 – 10, 1974	 

Friday, November 8

P.M.

6:00	Start of Marathon List of Leaders on Page 5	
8:00–10:00	Official Convention Opening Meeting	
	Master of Ceremonies	Ralph M. Whittier
8:00–8:20	Opening Statements	Chief David B. Michel Judge Leon Emerson
8:20–8:30	Spiritual Invocation	Dr. Norman R. Linhart
8:30–9:00	History of N.A.	Jimmie K., Sun Valley
9:00–10:30	Opening Meeting	
	Leader	Dave B., Anaheim
	How It Works	Sally E., Costa Mesa
	Traditions	Pat P., Whittier
	Speakers	Lucille S., San Fran. Chuck S., Whittier
	Closing Prayer	Leaders Choice
10:30–11:00	GET ACQUAINTED & REFRESHMENT BREAK	
11:00– 1:00	LATE MEETING, SPEAKER - PARTICIPATION	
	Leaders	Cliff & Karen C., Lakewood
	How It Works	Gene L., Guerneville
	Traditions	Rose H. Lynwood
	Speakers	Frank P., Santa Rosa Alice Mc., San Fran.
	Closing Prayer	Leaders Choice

Saturday, November 9

A.M.

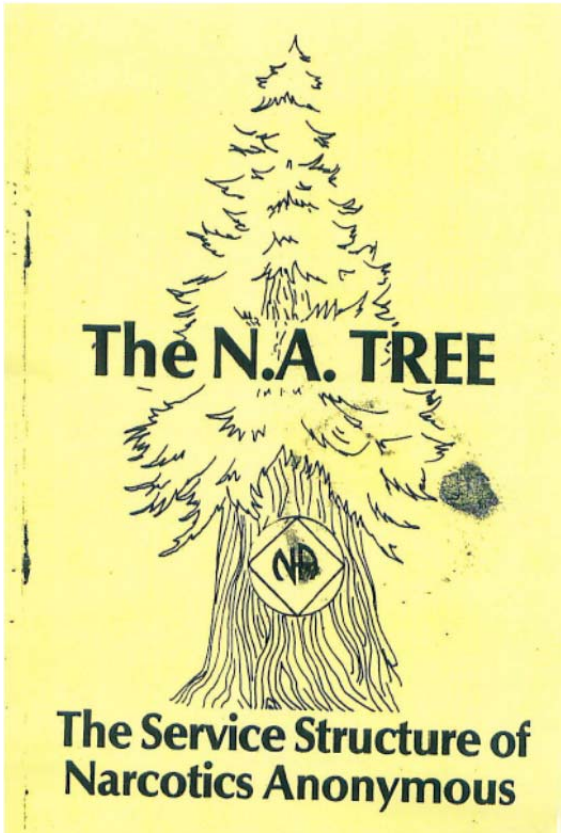
9:00–10:00	Registration	
10:00–12:00	Welcome Meeting	
	Leader	Frank C., Sierra Madre
	How It Works	Lanny B., Lomita
	Traditions	Stuart T., Pasadena
	Speakers	Martin R., Whittier Connie C., El Cerrito Don Z., San Diego

P.M.

12:00– 1:30	Lunch Break	
1:30– 3:00	General - Conference Meeting	
	Leader	Bob B., L.A.
	Meeting Flyers at Reg. Desk	
3:00	Close of Marathon Meeting	
3:00–3:30	Coffee Break	
3:30– 5:00	Addict & Family Meeting	
	Leader	Vince G., Woodland
	How It Works	Jim J., Lynwood
	Traditions	Jack B., Van Nuys
	Speakers	Families Anon. Male & Female, C.R.C. NAR - Anon.
	Closing Prayer	Leaders Choice
5:00– 6:30	Break	
6:30– 8:00	Banquet	
	Master of Ceremonies	Ralph M., Whittier
6:30– 8:00	Non Banquet Tag Meeting	
8:00– 9:30	Banquet Speaker Open to All	Ed C.
9:30–10:00	Coffee Break	
10:00–2:00	Dance & Show	Troy Walker & Band
12:30	Door Prize Drawing	

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1975

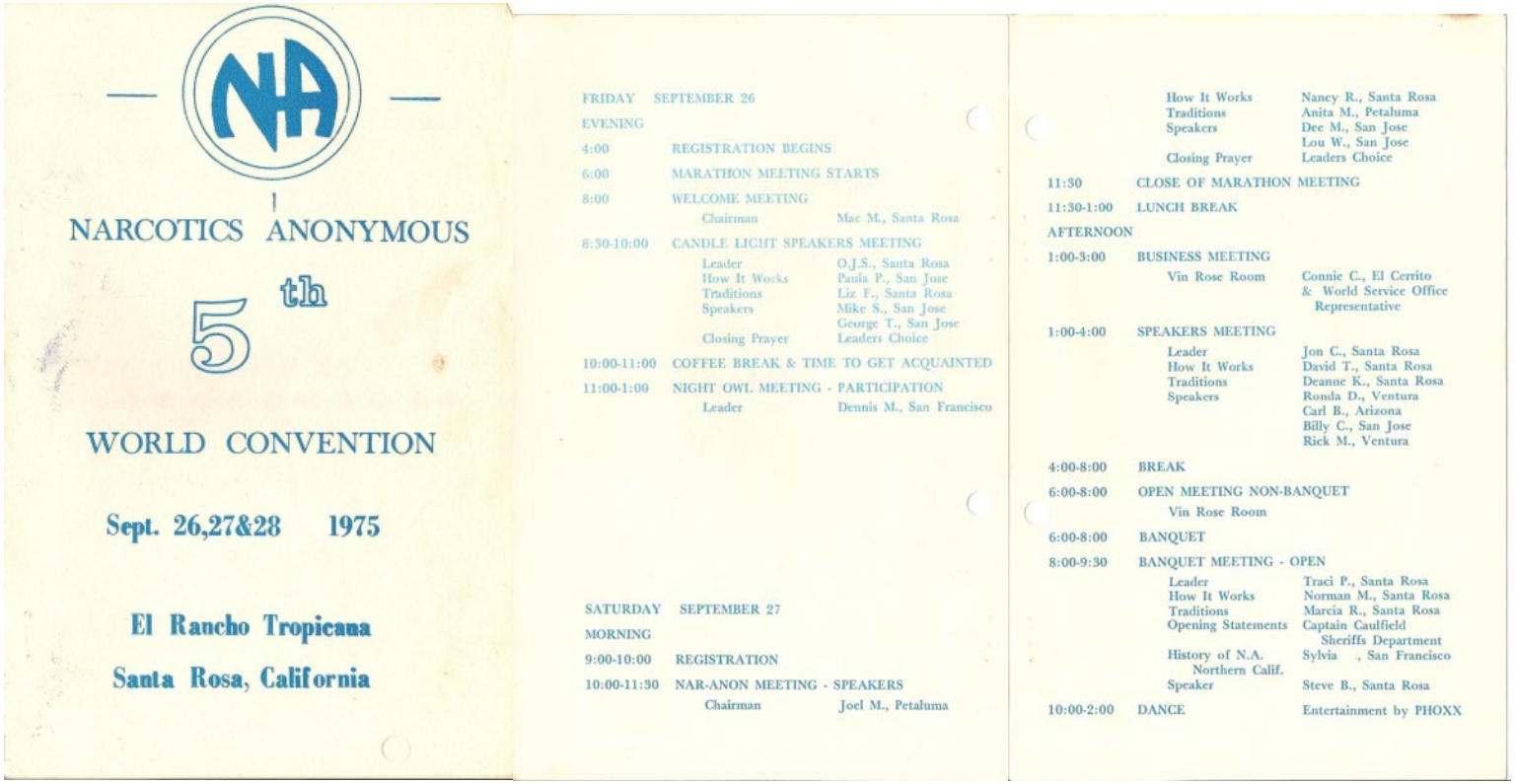
DATE	EVENT
1975	The *NA Tree*, written by Greg P. and Jimmy K., is published outlining beginnings of NA service structure [594] 
1975	Judy K. and Franks S., members of NA in Hawaii, contacted the World Service Office in 1975 to help resolve "a long simmering controversy" among members who continued to smoke marijuana but considered themselves clean because they were not using heroin. They learned from the WSO that total abstinence was an "essential part of NA's message of recovery."[595]

1975

DATE	EVENT
1975	The general service office had to move from the North Highland Avenue location. It moved to Cri-Help for 3 – 4 months before moving to Jimmy K.'s house.[596]
1975	An NA meeting is attempted in Bay City, MI.[597]
1975	The Candlelight Bakery group is formed in South Minneapolis on a 2nd floor over a bakery.[598]
1975	James D., an addict in Vancouver, B.C., contacts Alcoholics Anonymous seeking permission to change their literature to reflect language that is more appropriate for addicts. Citing copyright laws and the Twelve Traditions, Alcoholics Anonymous denied the request, but referred him to the World Service Office of Narcotics Anonymous. James had gotten clean in 1967 through a "short-lived meeting for those with drug problems." He was the only addict to stay clean. In 1968 he started the Victoria Group, which could be "best described as a rabbit meeting." The group ceased to meet in 1970, but was restarted by James in 1972.[599]
February 1975	Two members from Billings, Montana write the WSO to inform them that they had started a meeting. Literature was sent, but the WSO did not hear back from them.[600]
May 1975	A meeting is started in Reading, PA at the Faith Lutheran Church.[601]
June 24, 1975	The Bridge Group is formed in Miami, FL. "The name, The Bridge Group, was selected to indicate the bridge between addicts who were floundering in A.A. and could now cross the bridge to N.A., where they could be true to themselves." Involved in forming this group was Marvin S., who had helped start Narcotics Anonymous in Cleveland in late 1963 (he was also former Secretary for Addicts Anonymous in Lexington, KY). Also involved were Ray K., who had attended Narcotics Anonymous a few years earlier while living in California, Big Ed, Nancy, John and Jeanine. Marvin had spoken with Jimmy K. who mailed them some Narcotics Anonymous literature.[602]
Sept. 26 – 28, 1975	5th World Convention of Narcotics Anonymous is held at El Rancho Tropicana in Santa Rosa, CA. The theme of the convention is *We Came To Believe*.[603]

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
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1975

DATE	EVENT
Sept. 26 – 28, 1975	
October 19, 1975	A group of addicts from an outpatient treatment program held the first NA meeting in Illinois at the Forest Hospital in Des Plaines. The group used AA literature and adapted it to their needs.[604]

NARCOTICS ANONYMOUS

5th

WORLD CONVENTION

Sept. 26,27&28 1975

El Rancho Tropicana

Santa Rosa, California

FRIDAY SEPTEMBER 26

EVENING

4:00 REGISTRATION BEGINS

6:00 MARATHON MEETING STARTS

8:00 WELCOME MEETING

Chairman Mac M., Santa Rosa

8:30-10:00 CANDLE LIGHT SPEAKERS MEETING

Leader O.J.S., Santa Rosa
How It Works Paula P., San Jose
Traditions Liz F., Santa Rosa
Speakers Mike S., San Jose
George T., San Jose
Closing Prayer Leaders Choice

10:00-11:00 COFFEE BREAK & TIME TO GET ACQUAINTED

11:00-1:00 NIGHT OWL MEETING - PARTICIPATION

Leader Dennis M., San Francisco

SATURDAY SEPTEMBER 27

MORNING

9:00-10:00 REGISTRATION

10:00-11:30 NAR-ANON MEETING - SPEAKERS

Chairman Joel M., Petaluma

How It Works Nancy R., Santa Rosa
Traditions Anita M., Petaluma
Speakers Dee M., San Jose
Lou W., San Jose
Closing Prayer Leaders Choice

11:30 CLOSE OF MARATHON MEETING

11:30-1:00 LUNCH BREAK

AFTERNOON

1:00-3:00 BUSINESS MEETING

Vin Rose Room Connie C., El Cerrito & World Service Office Representative

1:00-4:00 SPEAKERS MEETING

Leader Jon C., Santa Rosa
How It Works David T., Santa Rosa
Traditions Deanne K., Santa Rosa
Speakers Ronda D., Ventura
Carl B., Arizona
Billy C., San Jose
Rick M., Ventura

4:00-8:00 BREAK

6:00-8:00 OPEN MEETING NON-BANQUET

Vin Rose Room

6:00-8:00 BANQUET

8:00-9:30 BANQUET MEETING - OPEN

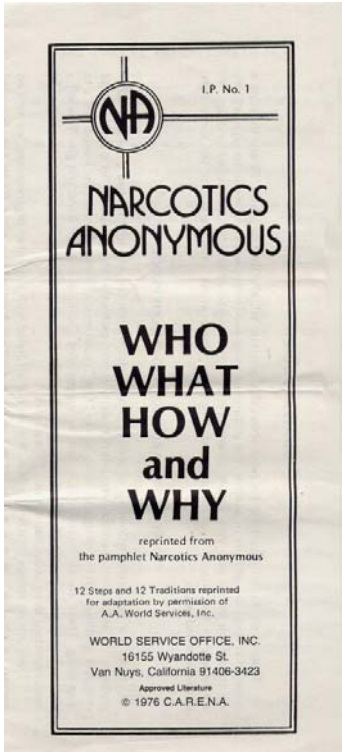
Leader Traci P., Santa Rosa
How It Works Norman M., Santa Rosa
Traditions Marcia R., Santa Rosa
Opening Statements Captain Caulfield Sheriffs Department
History of N.A. Northern Calif. Sylvia , San Francisco
Speaker Steve B., Santa Rosa

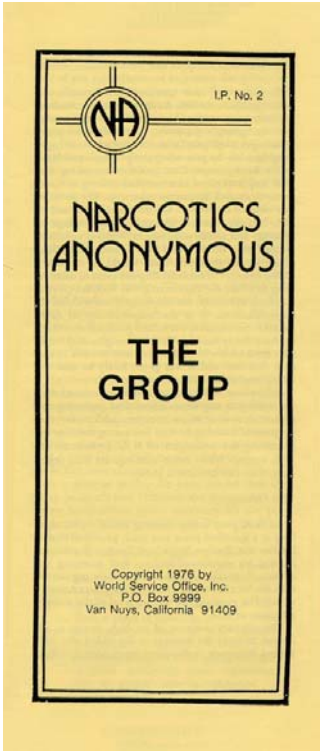
10:00-2:00 DANCE Entertainment by PHOXX

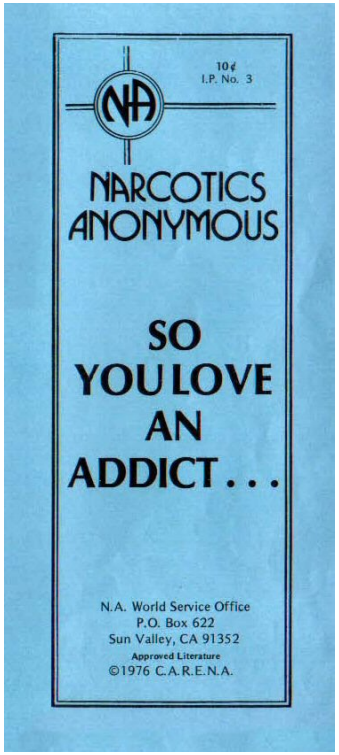
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1976

DATE	EVENT
1976	First NA World Service Conference; there are 225 NA meetings worldwide—most of them in the U.S. Despite being a "World" Service Conference, no addicts outside of California attended. Bob Stone, a non-addict, attends for the first time. He is invited as the parliamentarian for the conference. Bob would later become the WSO Office Manager.[605]
1976	Copyrights were filed for NA's first six pamphlets: *Who, What, How, and Why; The Group; Another Look; Recovery and Relapse; We Made A Decision; and So You Love an Addict* (was also published under the title *For Those We Love and Others*). The last two were later withdrawn by the World Service Conference.[606]



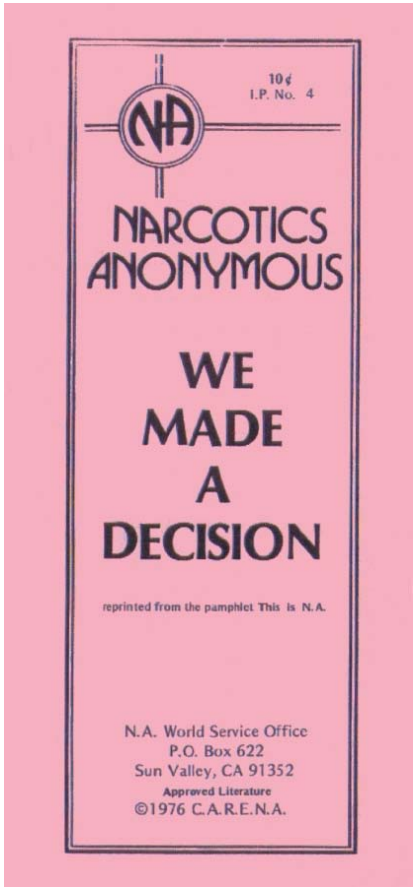
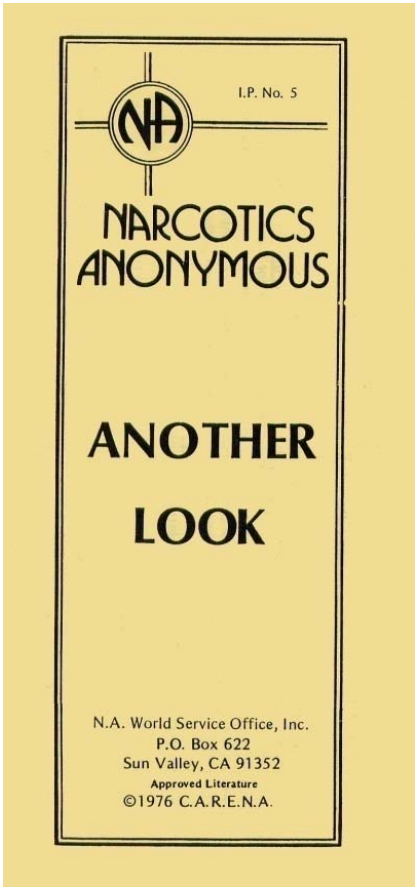
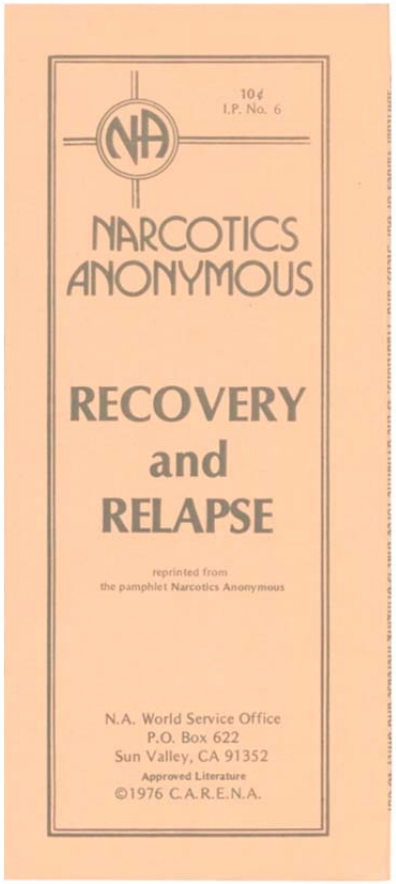




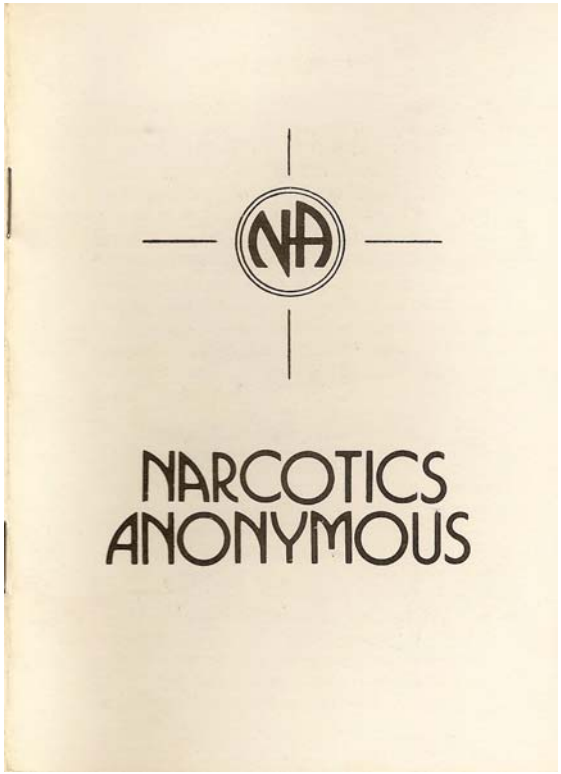


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Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1976

DATE	EVENT
1976	  

1976

DATE	EVENT
1976	The "White Book" is published with a wider printed format. "I Was Different" written by Greg P. "Fearful Mother" written by Betty K. "Fat Addict" written by Bill B. Gratitude Prayer written by Jimmy K. "One Woman's Story" is removed[607] 
1976	There are three different sources with different number of worldwide meetings. 200 NA meetings worldwide[608] 224 meetings worldwide (for the first time there are more NA meetings outside of California than inside California)[609] 460 meetings worldwide[610]

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Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1976

DATE	EVENT
1976	The Victoria Group (Vancouver, B.C.) has enough members to get a formal meeting place.[611]
1976	A list of the General Service Board of Trustees for 1976 include Bill B., Jack W., Chuck S., Gloria Coleman, Cliff K., Greg P., Dennis M., Mel H., Bob B., Carl B., Sylvia M. & Jimmy K.[612]
January 1976	The NA Tree is approved by the Trustees.[613]
January 1976	Mrs. Gloria Coleman is elected to the Board of Trustees as a non-addict member.[614]
March 1976	A short lived meeting is started in Wisconsin at a therapeutic community called Wisconsin Family.
March 6, 1976	**Jimmy K. writes to Sylvia M. in Northern California:** "Hi Sylvia: To answer the last part of your letter first, no N.A. mail should go anywhere but Box 622 this was the cause of much confusion before and it is only now that it is almost straightened out. I have always encouraged the use of full names within this fellowship except in the traditional qualification, the use of initials in large groups leads to much confusion and finds little to recommend it as far as I'm concerned. I do try to be careful in such things as mail so that I do not spell out Narcotics Anonymous at the same time I use a name on an envelope. Qualifications for Trustees are now being worked out and as far as we now know will be taken up at the next trustees meeting. If you have any suggestions send them as soon as possible so they can be included. #1 see folder 'The Group' Anyone who is an ADDICT. That is the anyone we are talking about, not a nurse or a psychologist or a member of the school board or the P.T.A. or a 'pure' alky. An ADDICT who later may serve in any capacity where they qualify. This has little or nothing to do with the types of meetings that a group conducts. A group may allow participation by many different people as part of its choice in 'carrying the message.' This is particularly true in groups where leaders choice is part of their policy. I feel that where the 'Newcomer' is really considered, questions as to the appropriateness seldom arise.

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1976

DATE	EVENT
March 6, 1976	#2 If anyone insists on going contrary to policy and tradition we cannot stop them in any ordinary way. At least we can tell them that what they invoke as group conscience, is really group unwillingness to benefit from the experience of others and let them learn their own hard lessons. Here are the flyers for the service conference, please get them into the right hands in your area, I'm sending others to everyone south of San Francisco. Yours in Fellowship and Love, Jimmy K. World Service Office"[615]
April 19, 1976	**The following is from the article "Agony of a Heroin Addict's Mother," which appeared in the *Los Angeles Times*:** "Last week The Times published a two-part series on the problem of heroin addiction, a report that included suggestions from some officials that free heroin clinics be established to help reduce the problem of addict crime. The following response is from the mother of a heroin addict. She is an immigrant from Poland. She says her son was an addict for eight years, but has not used heroin since becoming involved with Narcotics Anonymous, one of many rehabilitation programs for addicts, nine months ago. 'As a mother of a heroin addict, I think I have the right to talk for all parents who have troubles with their children. I am against those so-call experts, who really don't know anything about the misery of heroin users saying we should give heroin away, that we should let them live like vegetables. Only we parents can judge, because we live in agony and we see the deterioration and the degradation and the demoralization and the dehumanization of our children. And we have the right to speak up.' 'My son was using heroin for eight years but I found out only three years ago. I knew he had used other drugs but when I found out it was heroin, I collapsed. I went around in the house at first. I hit my head against the wall. Is he going to be forever this way? Such a charming boy!'

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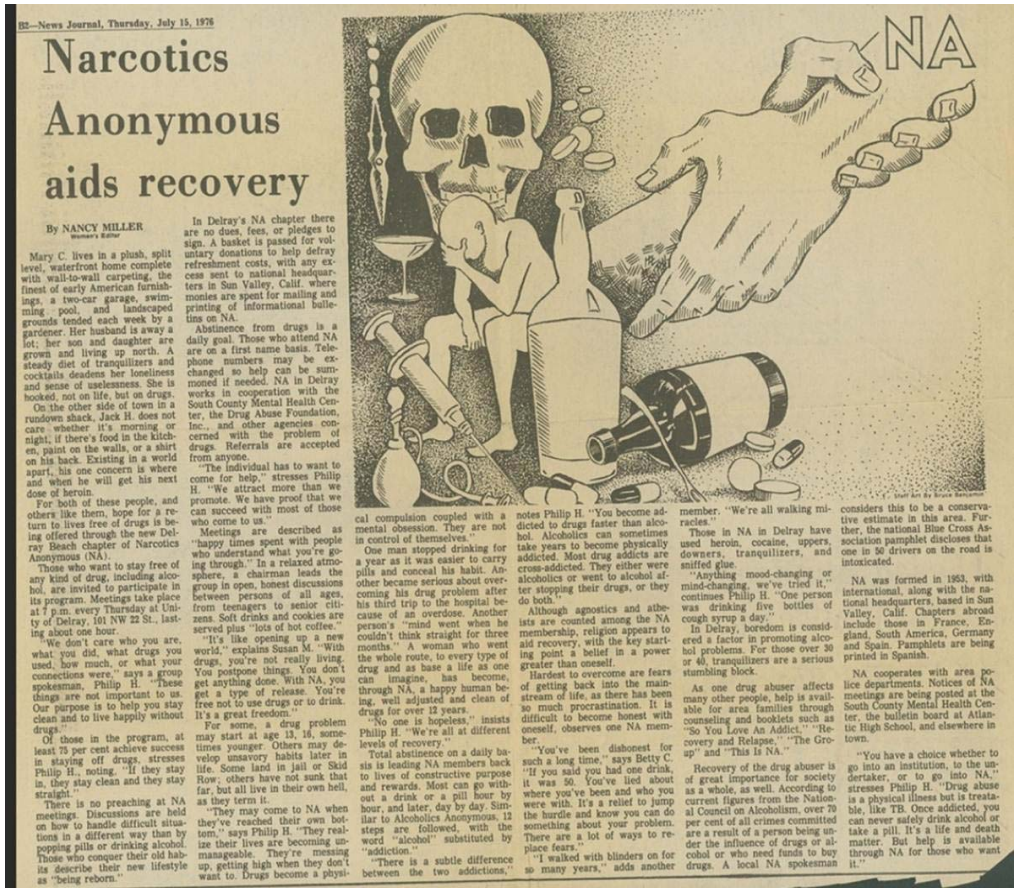
1976

DATE	EVENT
April 19, 1976	'He had a good job but he lost his business and he lost his car, too. He went further and further. He was using $200 worth of heroin a day. I thought it was hopeless. We didn't know what to do. Should we give him money? Is he going to stay this way – insane? Finally my husband and I went to Families Anonymous, just to strengthen us, to keep our sanity. How can we be sane if our children are insane? You know what I mean?' 'Now he is on a program called Narcotics Anonymous. He says he hasn't used heroin for nine months. He is going to the meetings. But this is what makes me sick now: He lives with regret that he has ruined his life. H doesn't know what to do. He works one day, then he is off. He can't sleep. He is tired. People ask about him and sometimes I wonder how they remember him. They must think he is a big shot, he is such a genius, such a charming boy. 'You should wake up the people not to give this poison to our children. This is not going to help, to just let them be walking and living idiots. There are other places where we can cure them. There are thousands and thousands who can still be saved. There is help. It's a crime if they don't subsidize the rehabilitation places. It's a crime if they let go our children. We should save our young people.' 'Why is American the one permissive country? What do they want to do show off in the world that they are liberal? With their permissiveness they will ruin the country, because if we are losing our kids we are losing our country, too. And I love America. I know what I am talking about. America is a great country. But my heart is bleeding to see what wrong ideas they have here.'"[616]
Spring 1976	A meeting is started at the Gateway House in Chicago.[617]
June 1976	The Intergroup in Philadelphia decide to adopt changes outlined in the NA Tree. The reorganize themselves as the NA Area Service Committee.[618]
July 15, 1976	**The following article, "Narcotics Anonymous aids recovery" by Nancy Miller, appears in the Delray News Journal:** "Mary C. lives in a plush, split level, waterfront home complete with wall-to-wall carpeting, the finest of early American furnishings, a two-car garage, swimming pool, and landscaped grounds tended each week by a gardener. Her husband is away a lot; her son and daughter are grown and living up north. A steady diet of tranquilizers and cocktails deadens her loneliness and sense of uselessness. She is hooked, not on life, but on drugs.

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1976

DATE	EVENT
July 15, 1976	On the other side of town in a rundown shack, Jack H. does not care whether it's morning or night, if there's food in the kitchen, paint on the walls, or a shirt on his back. Existing in a world apart, his one concern is where and when he will get his next dose of heroin. For both of these people, and others like them, hope for a return to lives free of drugs is being offered through the new Delray Beach chapter of Narcotics Anonymous (NA). Those who want to stay free of any kind of drug, including alcohol, are invited to participate in its program. Meetings take place at 7:00 p.m. every Thursday at Unity of Delray, 101 NW 22 St., lasting about one hour. 'We don't care who you are, what you did, what drugs you used, how much, or what your connections were,' says a group spokesman, Philip H. 'These things are not important to us. Our purpose is to help you stay clean and to live happily without drugs.' Of those in the program, at least 75 per cent achieve success in staying off drugs, stresses Philip H., noting, 'If they stay in, they stay clean and they stay straight.'



B2—News Journal, Thursday, July 15, 1976

Narcotics Anonymous aids recovery

By NANCY MILLER
Women's Editor

Mary C. lives in a plush, split level, waterfront home complete with wall-to-wall carpeting, the finest of early American furnishings, a two-car garage, swimming pool, and landscaped grounds tended each week by a gardener. Her husband is away a lot; her son and daughter are grown and living up north. A steady diet of tranquilizers and cocktails deadens her loneliness and sense of uselessness. She is hooked, not on life, but on drugs.

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Of those in the program, at least 75 per cent achieve success in staying off drugs, stresses Philip H., noting, "If they stay in, they stay clean and they stay straight."

There is no preaching at NA meetings. Discussions are held on how to handle difficult situations in a different way than by popping pills or drinking alcohol. Those who conquer their old habits describe their new lifestyle as "being reborn."

In Delray's NA chapter there are no dues, fees, or pledges to sign. A basket is passed for voluntary donations to help defray refreshment costs, with any excess sent to national headquarters in Sun Valley, Calif. where monies are spent for mailing and printing of informational bulletins on NA.

Abstinence from drugs is a daily goal. Those who attend NA are on a first name basis. Telephone numbers may be exchanged so help can be summoned if needed. NA in Delray works in cooperation with the South County Mental Health Center, the Drug Abuse Foundation, Inc., and other agencies concerned with the problem of drugs. Referrals are accepted from anyone.

"The individual has to want to come for help," stresses Philip H. "We attract more than we promote. We have proof that we can succeed with most of those who come to us."

Meetings are described as "happy times spent with people who understand what you're going through." In a relaxed atmosphere, a chairman leads the group in open, honest discussions between persons of all ages, from teenagers to senior citizens. Soft drinks and cookies are served plus "lots of hot coffee."

"It's like opening up a new world," explains Susan M. "With drugs, you're not really living. You postpone things. You don't get anything done. With NA, you get a type of release. You're free not to use drugs or to drink. It's a great freedom."

For some, a drug problem may start at age 13, 16, sometimes younger. Others may develop unsavory habits later in life. Some land in jail or Skid Row; others have not sunk that far, but all live in their own hell, as they term it.

"They may come to NA when they've reached their own bottom," says Philip H. "They realize their lives are becoming unmanageable. They're messing up, getting high when they don't want to. Drugs become a physical compulsion coupled with a mental obsession. They are not in control of themselves."

One man stopped drinking for a year as it was easier to carry pills and conceal his habit. Another became serious about overcoming his drug problem after his third trip to the hospital because of an overdose. Another person's "mind went when he couldn't think straight for three months." A woman who went the whole route, to every type of drug and as base a life as one can imagine, has become, through NA, a happy human being, well adjusted and clean of drugs for over 12 years.

"No one is hopeless," insists Philip H. "We're all at different levels of recovery."

Total abstinence on a daily basis is leading NA members back to lives of constructive purpose and rewards. Most can go without a drink or a pill hour by hour, and later, day by day. Similar to Alcoholics Anonymous, 12 steps are followed, with the word "alcohol" substituted by "addiction."

"There is a subtle difference between the two addictions," notes Philip H. "You become addicted to drugs faster than alcohol. Alcoholics can sometimes take years to become physically addicted. Most drug addicts are cross-addicted. They either were alcoholics or went to alcohol after stopping their drugs, or they do both."

Although agnostics and atheists are counted among the NA membership, religion appears to aid recovery, with the key starting point a belief in a power greater than oneself.

Hardest to overcome are fears of getting back into the mainstream of life, as there has been so much procrastination. It is difficult to become honest with oneself, observes one NA member.

"You've been dishonest for such a long time," says Betty C. "If you said you had one drink, it was 50. You've lied about where you've been and who you were with. It's a relief to jump the hurdle and know you can do something about your problem. There are a lot of ways to replace fears."

"I walked with blinders on for so many years," adds another member. "We're all walking miracles."

Those in NA in Delray have used heroin, cocaine, uppers, downers, tranquilizers, and sniffed glue.

"Anything mood-changing or mind-changing, we've tried it," continues Philip H. "One person was drinking five bottles of cough syrup a day."

In Delray, boredom is considered a factor in promoting alcohol problems. For those over 30 or 40, tranquilizers are a serious stumbling block.

As one drug abuser affects many other people, help is available for area families through counseling and booklets such as "So You Love An Addict," "Recovery and Relapse," "The Group" and "This Is NA."

Recovery of the drug abuser is of great importance for society as a whole, as well. According to current figures from the National Council on Alcoholism, over 70 per cent of all crimes committed are a result of a person being under the influence of drugs or alcohol or who need funds to buy drugs. A local NA spokesman considers this to be a conservative estimate in this area. Further, the national Blue Cross Association pamphlet discloses that one in 50 drivers on the road is intoxicated.

NA was formed in 1953, with international, along with the national headquarters, based in Sun Valley, Calif. Chapters abroad include those in France, England, South America, Germany and Spain. Pamphlets are being printed in Spanish.

NA cooperates with area police departments. Notices of NA meetings are being posted at the South County Mental Health Center, the bulletin board at Atlantic High School, and elsewhere in town.

"You have a choice whether to go into an institution, to the undertaker, or to go into NA," stresses Philip H. "Drug abuse is a physical illness but is treatable, like TB. Once addicted, you can never safely drink alcohol or take a pill. It's a life and death matter. But help is available through NA for those who want it."

Related to today's NA	**Alcoholics Anonymous Related**	**Addicts Anonymous Related**	**Prison Based Groups/Newsletters**
Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

1976

DATE	EVENT
July 15, 1976	There is no preaching at NA meetings. Discussions are held on how to handle difficult situations in a different way than by popping pills or drinking alcohol. Those who conquer their old habits describe their new lifestyle as 'being reborn.' In Delray's NA chapter there are no dues, fees, or pledges to sign. A basket is passed for voluntary donations to help defray refreshment costs, with any excess sent to national headquarters in Sun Valley, Calif. where monies are spent for mailing and printing of informational bulletins on NA. Abstinence from drugs is a daily goal. Those who attend NA are on a first name basis. Telephone numbers may be exchanged so help can be summoned if needed. NA in Delray works in cooperation with the South County Mental Health Center, the Drug Abuse Foundation, Inc., and other agencies concerned with the problem of drugs. Referrals are accepted from anyone. 'The individual has to want to come for help,' stresses Philip H. 'We attract more than we promote. We have proof that we can succeed with most of those who come to us.' Meetings are described as 'happy times spent with people who understand what you're going through.' In a relaxed atmosphere, a chairman leads the group in open, honest discussions between persons of all ages, from teenagers to senior citizens. Soft drinks and cookies are served plus 'lots of hot coffee.' 'It's like opening up a new world,' explains Susan M. 'With drugs, you're not really living. You postpone things. You don't get anything done. With NA, you get a type of release. You're free not to use drugs or to drink. It's a great freedom.' For some, a drug problem may start at age 13, 16, sometimes younger. Others may develop unsavory habits later in life. Some land in jail or Skid Row; others have not sunk that far, but all live in their own hell, as they term it. 'They may come to NA when they've reached their own bottom,' says Philip H. 'They realize their lives are becoming unmanageable. They're messing up, getting high when they don't want to. Drugs become a physical compulsion coupled with a mental obsession. They are not in control of themselves.'

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DATE	EVENT
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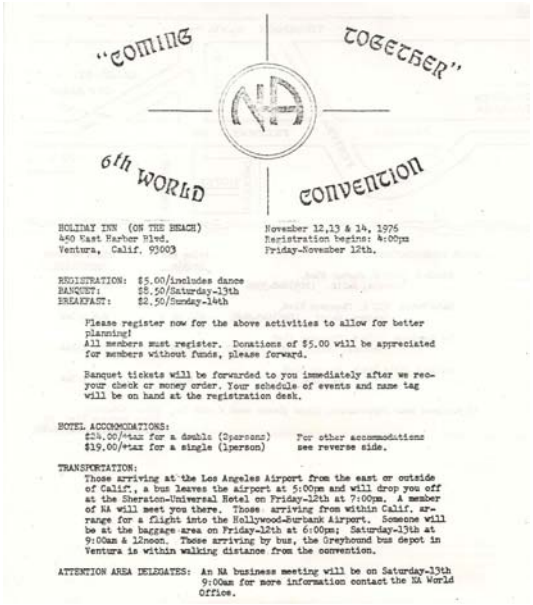
1976

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August 1976	The Board of Trustees approve publication of a Spanish translation of *The White Booklet* and the pamphlet *Who, What, How and Why*.[620]

Related to today's NA	Alcoholics Anonymous Related	Addicts Anonymous Related	Prison Based Groups/Newsletters
Early New York NA & New York NA Influences	Pre-NA & Parallel West Coast Related	Court/Social Service Initiated	Church Initiated

1976

DATE	EVENT
August 20, 1976	The South Yarra Group is formed at the Fawkner Park Community Health Center in Melbourne, Australia.[621]
November 20, 1976	The NA meeting formed in the spring in Wisconsin is revived when four NA members from Chicago visit Wisconsin.[622]
Nov. 12 – 14, 1976	6th World Convention of Narcotics Anonymous is held at the Holiday Inn in Ventura, CA. The theme of the convention is *Coming Together*. Nearly 400 people attended. Bob Stone serves as the parliamentarian for what was called the first World Service Conference, which was held during the convention.[623]



"COMING TOGETHER"

6th WORLD CONVENTION

HOLIDAY INN (ON THE BEACH)
460 East Harbor Blvd.
Ventura, Calif. 93003

November 12,13 & 14, 1976
Registration begins: 4:00pm
Friday-November 12th.

REGISTRATION: $5.00/includes dance
BANQUET: $8.50/Saturday-13th
BREAKFAST: $2.50/Sunday-14th

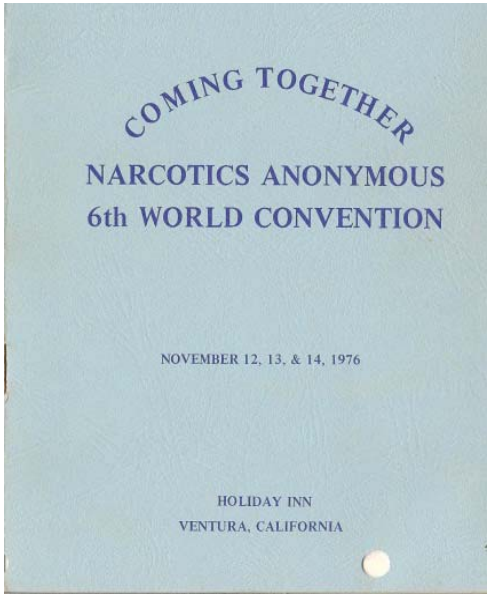
Please register now for the above activities to allow for better planning!
All members must register. Donations of $5.00 will be appreciated for members without funds, please forward.

Banquet tickets will be forwarded to you immediately after we receive your check or money order. Your schedule of events and name tag will be on hand at the registration desk.

HOTEL ACCOMODATIONS:
$24.00/+tax for a double (2persons)
$19.00/+tax for a single (1person)
For other accommodations see reverse side.

TRANSPORTATION:
Those arriving at the Los Angeles Airport from the east or outside of Calif., a bus leaves the airport at 5:00pm and will drop you off at the Sheraton-Universal Hotel on Friday-12th at 7:00pm. A member of NA will meet you there. Those arriving from within Calif. arrange for a flight into the Hollywood-Burbank Airport. Someone will be at the baggage area on Friday-12th at 6:00pm; Saturday-13th at 9:00am & 12noon. Those arriving by bus, the Greyhound bus depot in Ventura is within walking distance from the convention.

ATTENTION AREA DELEGATES: An NA business meeting will be on Saturday-13th 9:00am for more information contact the NA World Office.



COMING TOGETHER

NARCOTICS ANONYMOUS
6th WORLD CONVENTION

NOVEMBER 12, 13, & 14, 1976

HOLIDAY INN
VENTURA, CALIFORNIA

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Appendix One

Founding Dates for Early New York Narcotics Anonymous

FOUNDING DATE	SOURCE
1947	"Brigadier Berry has worked with NA since it first started back in 1947 when she provided a meeting place for the group – in a room at the Manhattan Men's Social Service Center." Brigadier Troutt, Mrs. J. (1965) From Crisis to Crisis published in The War Cry, April 24, 1965
1948	"Father Egan is chaplain of Narcotics Anonymous (N.A.), patterned after Alcoholics Anonymous and founded in 1948 by Daniel Carlsen, who had been a heroin addict for twenty-five years." Sullivan, O. (1963). A Bridge to the Addict contained in The Addict by Dan Wakefield. August 1963. This is a reprint of "The Addict's Fix" from Jubilee (1962)
1948	"Narcotics Anonymous" "This organization was founded in 1948 by Danny Carlson, an ex-drug addict." Nyswander, M. (1956). *The Drug Addict as a Patient*. New York: Grune & Stratton.
1948	"Little publicized since its beginnings in 1948, NA is an informal association of addicts who practice the AA form of group therapy." Unger, M. D. (1963). Taking the Long Road Back: Essex Addicts Being Saved by Narcotics Anonymous. Newark Evening News, March 29, 1963 p. 10.
1948	"Narcotics Anonymous was organized in 1948" Duncan, T. (1965). *Understanding and Helping the Narcotic Addict*. Englewood Cliffs, NJ: Prentice-Hall.
1948	"*Narcotics Anonymous.* Patterned after Alcoholics Anonymous, Narcotics Anonymous was organized in 1948." Garmon, W. & Strickland, P. (1970). *How To Fight The Drug Menace*. United States: Broadman Press.
1948 Summer	"Danny Carlson (sic), started Narcotics Anonymous in the summer of 1948, he had been an addict for 25 years." Lopez, R. (1965) Gracie Mansion Conference February 3,4&,5 , 1965 Robert F. Wagner Documents Collection Box #060301 Folder#23 - 1965-02 - 1965-03 – Narcotics Commission.

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Early New York NA & New York NA Influences	**Pre-NA & Parallel West Coast Related**	**Court/Social Service Initiated**	**Church Initiated**

FOUNDING DATE	SOURCE
1949	"A related method of therapy is the kind of mutually-supportive group therapy offered by Narcotics Anonymous (NA), developed at Lexington in 1947 and started in 1949 by Daniel Carlsen." Winick, C. (1957). Narcotics Addiction and Its Treatment. *Law and Contemporary Problems*.
1949	"In 1949, he left Lexington, where he had first made contact with Addict Anonymous: shortly thereafter he announced the purpose of his new organization: …." Sagarin, E. (1969). *Odd Man In: Societies of Deviants In America.* Chicago: Quadrangle.
Later than April 1949	"In April of 1949, "Danny" returned from that last stay at the Federal Hospital at Lexington, Kentucky, with a dedication to the purpose of starting an "Addicts Anonymous", in the New York City community. But since there was already an A.A. (Alcoholics Anonymous), he decided to call his new group Narcotics Anonymous (N.A.) to avoid confusion. It was thus that he met with officials at the Women's House of Detention in New York City and obtained permission to "carry the N.A. message" to the addict offenders incarcerated there." (exact date not given) Patrick, S. W. (1965). Our way of life: A short history of Narcotics Anonymous, Inc. In E. Harms (Ed.), *Drug addiction and youth* (pp. 148-157). New York: Pergamon Press.
June 1949	"Danny Carlsen opens meeting; He founded NA 2 ½ years ago." (1951) People Today Takes You To Narcotics Anonymous. *People Today*. December 12, 1951.
"Latter part of 1949"	"Studying the program for rehabilitation of addicts in effect at Lexington, and adapting it into a broadened, vigorous plan, he founded Narcotics Anonymous in the latter part of 1949 in New York City." Carlsen, D. and Doyle, B. (1955). Marijuana – The Assassin Flower. *Listen – A Journal of Better Living, (8)*2, p. 7 – 8, 34. Carlsen, D. and Doyle B. (1970). *Marijuana – The Assassin Flower in Marijuana – To Go To Pot, Or Not?* Washington, D.C.: Narcotics Education, Inc.
December 1949	Danny tours the city, speaking in so-called 'contaminated' communities when addiction is rampant and urging known addicts to go to the United States Public Health Hospital at Lexington, Ky., for a withdrawal, which usually takes about six months. The hospital is N.A.'s birthplace. Danny, who had been there several times, went back for a final attempt to break the habit in

FOUNDING DATE	SOURCE
December 1949	March, 1949. There he organized a correspondence club with other addicts and studied the techniques of Alcoholics Anonymous. When he was released in December of that year he formed the first chapter of the organization; the addicts met in one another's homes. Parsons, A., Jr. (1951). Ex-Addict Talks to Dope Users In Women's Jail – Man Who Founded Narcotics Anonymous Tells of Own Hard Road to Recovery. *New York Herald Tribune*. May 7, 1951.
1950	"The New York group, founded in 1950 and called Narcotics Anonymous, is one of several which have been piling up evidence that the methods of Alcoholics Anonymous can help release people from other drugs than alcohol – drugs such as opium, heroin, morphine and the barbiturates." Ellison, J. (1954). These drug addicts cure one another. *Saturday Evening Post, (227)*6, (August 7, 1954) p. 22-23, 48-52.
1950	"Former Drug Addict Founded Narcotics Anonymous in '50" "Mr. Carlsen founded Narcotics Anonymous in 1950 after having spent nime years in hospitals and prisons for narcotic addiction." (1956). Obituary. *New York Times*, August 21, 1956.
1950	"Narcotics Anonymous, which applies the same methods as Alcoholics Anonymous, was founded in 1950 by the late Daniel L. Carlsen, who had been an addict for 25 years." (1959). Ex-Heroin User Feted On 9th Year Without It. *New York Times*, November 13, 1959.
January 1950	"The New York City chapter was started five months ago by a discharged patient from the United States Public Health Service Hospital in Lexington, Ky., where Federal prisoners and voluntary patients receive treatment." (1950). Group Here Helps Narcotics Addicts. *New York Times*, June 18, 1950.
No later than February 27, 1950	"The second anniversary of Narcotics Anonymous, Inc., will be celebrated with a special meeting at the Labor Temple, 242 East Fourteenth Street, at 8p.m. today." (1952). Narcotics Anonymous Meeting. *New York Times*, February 27, 1952
No later than February 27, 1950	"The second anniversary of Narcotics Anonymous was celebrated last night at Labor Temple, 242 East Fourteenth Street. The founder and executive director of the group, known to fellow members as Danny, stressed the danger of widespread increase in narcotics addiction." (1952). Narcotics Anonymous Meets. *NewYork Times*, February 28, 1952.

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FOUNDING DATE	SOURCE
No later than April 26, 1950	"Six former addicts told last night how their mutual help had enabled them to avoid narcotics for the last year. They were the persistent ones among nearly 100 who have attended some of the secret meetings of Narcotics Anonymous. The organization marked its first anniversary with and open meeting to which friends and a few welfare workers and city officials had been invited." (1951). Ex-Addicts Recite Gains. *New York Times*, April 27, 1951.
No later than May 5, 1950	"New York – I went to a meeting of Narcotics Anonymous the other night. The group has been in existence for the past four years and meets every Tuesday night at the YMCA at 23rd street and Seventh avenue." Hentoff, N. (1954) Narcotics Anonymous Formed To Help Addicts Effect Cure. *Down Beat Magazine, (21)* 9, May 5, 1954.
No later than May 7, 1950	"Now, on the first anniversary of Narcotics Anonymous, Danny could report on about 80 addicts who had tried mutual-aid, group therapy." The White Stuff. *Time Magazine*. May 7, 1951
Around November 1950	"NA isn't three years old but it already has chapters in such big cities as Chicago, Los Angeles and Philadelphia. In his offices in the Salvation Army Headquarters Building at 120 West 14th Street in New York City, Danny Carlsen gets dozens of letters a day asking for advice on some thorny problem of a new member or desperately begging, his recommendation for treatment of a drug addict." Sorenson, B. (1953). The First Inside Story of Narcotics Anonymous. *Confidential Uncensored and Off The Record, (1)*5, November.
Uncertain	"When he had gone, Barbara Doyle chatted with me for awhile, telling me of Danny's work. Then she gave me an invitation to attend the second anniversary open meeting of Narcotics Anonymous which was to be held the following Wednesday at eight o'clock." (book published 1954 – unsure when chapter was written) (excerpt from book published in Look Magazine 3-10-1953 that mentions NA, but not 2nd Anniversary) Brown, W. (1954). Monkey on my Back. *London: Elek Books Limited*.

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Appendix Two

Addicts Anonymous References

#	ADDICTS ANONYMOUS REFERENCES
1.	1947-12-26 Letter to The Alcoholic Foundation from Addicts Anonymous. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
2.	1948-01-12 Letter to Addicts Anonymous from Charlotte L. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
3.	Anonymous (1948). Addicts Anonymous Ends First Year. A.A. Grapevine, Vol. 4 No. 9, Febuary.
4.	Vogel, V. H., (1948). Treatment of the Narcotic Addict By The U.S. Public Health Service. *Federal Probation*, 7(2), p. 1 – 12.
5.	1949-03-07 Letter to Bobbie B. from Clarance B. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
6.	1949-03-14 Letter to Clarance B. from Bobbie B. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
7.	1949-03-28 Letter to Bobbie B. from Clarance B. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
8.	1949-04-02 Letter to Addicts Anonymous from Bill W. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
9.	1949-04-08 Letter to Clarance B. from Jinny AA GSH (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
10.	1949-04-11 Letter to Clarance B. from Bobbie B. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
11.	1949-04-14 Letter to Jinny of GSH from Addicts Anonymous (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
12.	1949-04-19 Letter to Jinny, Bobbie and Bill from Clarance B. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
13.	1949-04-20 to Clarance B. from Jinny GSH (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.

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#	ADDICTS ANONYMOUS REFERENCES
14.	1949-04-25 Letter to Clarance B. from Bobbie B. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
15.	J.R.B. (1949). Aid For Drug Addicts. A.A. Grapevine, Vol. 6 No. 2, July
16.	Narcotic Addict Describes Habit. *The Lexington Herald, February 14, 1950.*
17.	Isbell, H. (1950). Manifestations and treatment of addiction to narcotic drugs and barbiturates. *The Medical Clinics of North America Article, 34*, p. 425-438.
18.	Isbell, H. & Fraser, H. F. (1950). Addiction to Analgesics and Barbiturates. *Pharmacological Reviews, 2*(2), p. 355-397.
19.	Lewyn, J. (1950). Frightening Is Withdrawal Stage, The Body's Demand For Narcotics. (Casebook Narcotics – III) *The Lexington Herald, April 20, 1950.*
20.	Lewyn, J. (1950). Meet The Parson: His Is A Story Touched With The Spirit To Win. (Casebook Narcotics – V). *The Lexington Herald,* April 22, 1950.
21.	Lewyn, J. (1950). Addicts Anonymous Group Founded With Aim: To Help And Be Helped. (Casebook Narcotics – VIII) *The Lexington Herald,* April 26, 1950.
22.	Lewyn, J. (1950). Addiction Is Recognized As Illness By AA Group Founded To Fight It. (Casebook Narcotics – IX). *The Lexington Herald,* April 27, 1950.
23.	1950-06-04 Letter to Bill W. from Hilary S. – Houston S. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
24.	1950-06-07 Letter to Hilary S. from Helen Brown(Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
25.	1950-08-13 Letter to Hilary S. from Bill W. (Fellowships Other Than AA, Addicts Anonymous Subfolder); G.S.O. Archives, AAWS, Inc.
26.	Kogan, H. (1950). Dope and Chicago's Children – Where Can Junkie Get Medical Help? Not In This Town! (Part 4 of 4) *Chicago Sun Times, August 17, 1950*.
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28.	Vogel. V. (1951). Letter to the Editor of True Detective Magazine. May 15, 1951.
29.	(July 8, 1951). Dope: With Narcotics Is Hell, Just Plain Hell, The First Shot That Gets You. *Courier Journal*, Louisville, KY.

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#	ADDICTS ANONYMOUS REFERENCES
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31.	*The Key* (1951). Volume 4 No.48 October 14, 1951
32.	Corey, S. J. (1951). The Drug Addiction Menace: Prevention Lies in Arousing Public Opinion. *The Christian-Evangelist*, October 17, 1951
33.	Seliger, R. V. (Oct. 1951). The Horror of Dope. *Family Circle*.
34.	*The Key* (1951). Volume 5 No.1 November 18, 1951
35.	Vogel, V. H. and Vogel, V. E. (1951). Facts About Narcotics. Chicago, IL: Scientific Research Associates, Inc.
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37.	*The Key* (1952). Volume 5 No.34 July 24, 1952
38.	*The Key* (1952). Volume 5 No.40 September 7, 1952
39.	*The Key* (1952). Volume 5 No.41 September 14, 1952
40.	*The Key* (1952). Volume 5 No.44 October 5, 1952
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42.	Deutsch, A. (1952). What We Can Do About the Drug Menace, (No. 186). *Public Affairs Committee, Inc.*
43.	*The Key* (1953). Volume 6 No.20 May 17, 1953
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Court/Social Service Initiated	**Church Initiated**

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